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"Perfer et Obdura"

Blackheath Harriers' Gazette



**BLACKHEATH HARRIERS
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MESSAGE FROM THE PRESIDENT

It is a great honour to be asked to be your President and I have accepted as it gives me the opportunity to serve from the highest office for the year 1987/88 all members of the Club.

For nearly 40 years, since I joined, the Club has been very special to me, as it is to many other Heathens.

Following in the footsteps of previous Presidents and officials, my aim for my year of office is the furtherance of the esteem of the Club in the world of athletics. To achieve this, however, discipline, effort and perseverance will be required from all members — President, Past Presidents, Vice Presidents, Officers and right through to the youngest Colt. Your aim must be to commit yourself to perform to the highest degree possible. Remember, the Club is a team and your individual achievement is high reflection on the Club. Regardless of these demands enjoy your activity and the comradeship which is a special feature of this Club.

With such a resolve of intent by all, the Club will achieve great things in 1987/88. The motto and Club clarion call still subsists — PERSIST AND ENDURE.

P. G. STENNING

WHAT A PRICE A LIFE?

Dear Fellow Heathens

When I first joined the Club nearly forty years ago the provision of a fire escape at Hayes was a constant topic of Douglas Tingey's conversation. Quite frankly, on this issue, he made little impression on the young members who attended the Clubhouse and it is evident he made no impact on the Club elders of the day. Perhaps the issue wasn't so burning. After all, members attending were smaller and there were far less social functions.

As I sat in the Clubhouse and enjoyed the fellowship and festivities this Christmas — particularly the Christmas Supper and the Boxing Day event — I was content that, in respect of the fire escape, the Club, through B.H.H.Q., had finally met their obligations to all users.

The cost was near enough £9,000 made up as follows:—

Installation	£7,500
V.A.T.....	1,000
Fees	500
	£9,000

By the time you read this, the account rendered will be settled. Of course it's a lot of money but nothing is cheap today and it will be money well spent if the exit is ever used in earnest.

In the National Championships the Club was 14th in the over 40s age group and 12th in the over 50s.

In our own Championships the silverware was well distributed with Bill O'Donnell taking the 7½, Tim Nash the 5, with Gary Arthey the Junior trophy, Pete Anderson retained the Vets title and Alan Tilley won the 10.

We almost dominated the mob matches this season with victories over SLH at Coulsdon, Orion at Hayes but when it came to entertaining Ranelagh in January the Gods intervened presenting me with a personal dilemma, but a mid-week course inspection showed a covering of several feet of snow and no sign of a thaw. At our recent Club Dinner the Ranelagh President closely inspected the Pelling Ratcliffe Trophy to ensure we had engraved it correctly this time (older members will recall 1963).

We showed the black strip outside of these shores with our annual excursion to Belgium where Jerry Barton finished 8th in the International Race. It was our pleasure to reciprocate the hospitality shown to us when A. V. Roeslare joined in our cross-country relay, diplomatically finishing 6th one place behind our A team. Once again John Hills produced a superbly organised event; our thanks to him and his team. Thanks also to Jim Phelan for his continued organisation of our Schools Cross Country Race.

On the subject of thanks we should never forget the Trail Layers, an essential ingredient of our cross country season. I believe that at long last they have some new blood in their numbers and I am sure they will always welcome more.

The Maryon Wilson swimming trophy went to Rob Farish but the Frankeiss Cup saw no new holder with us as runners up again.

The conclusion to the Winter Season saw Peter Hannell retain the Johnson Bowl.

Held in wet conditions, the Southern Counties 12-stage relay at Wimbledon started well with Tim Nash bringing us home in the lead at the end of stage 1 but we gradually dropped to 16th.

The BGs performed again in Hyde Park and this year had 10 finishers in the Sunday Times Fun Run.

Although the Ted Pepper 7 attracted a lower entry than previous years Les Roberts did well to finish 2nd with newcomer David Taylor 8th and Pat Calnan 9th giving us 3rd team place. Thanks are due to Simon Parsons for his organisation.

Continuing on the road, the Club Marathon Championship was won by John Beck with Richard Coles 2nd and Pete Ward 3rd.

Our road running efforts need greater co-ordination if we are to feature in prize lists but regardless of performances the invaluable spin off to such efforts is the creation of Club spirit — well worth it I would suggest.

The Veterans won their age group in the Bruges 25km; victories being recorded in a 10km at Biggin Hill and in the Forbanks 10 where Pat Calnan was 2nd and the 4th individual respectively.

Les Roberts was 3rd in the Kent County half-marathon championship, Gary Arthey was 6th in the Erith 10km and won a 10km in Surrey Docks. Paul Betts won the 20km in Boulogne.

I apologise for any notable performances that have been missed.

We now come to our success on the track and in the field.

Although it has been a crowded international season we kept a slightly lower profile no doubt getting ready for the 1988 Olympics. Injuries have sidelined some, the lure of foreign parts attracted a few and age finally overtook some others.

Nevertheless we probably received more TV coverage than if we had constituted 50% of the team in the World Championships.

To mark the 50th Anniversary of Sydney Wooderson's world mile record, Gary Spencer conceived the idea of a celebrity mile race. This materialised with a handicap mile

included in the IAC Miller Lite meeting at Crystal Palace to which Sydney and a number of his contemporaries were invited as Club guests. In the mile handicap, the Club was represented by Alan Guildler, Chris McGeorge, Dave Heath and Mike Laws lined up against the likes of Steve Crabbe, Mike Boit and Jack Buckner. The event proved very popular with crowd, the Press and TV commentators alike.

Phil Davies also showed Club colours on TV when he lined up against World Champion, Ben Johnson, at Crystal Palace in an invitation 100 metres.

In the AAA Indoor Championships, the Shot was won by Graham Savory and Warren Caswell was 3rd in the High Jump which gained him an Honours Badge.

In the UK Closed Championships highest placings were gained by Warren Caswell with 5th in the High Jump and Phil Davies 5th in the semi-finals of the 100 metres.

Outdoors in the Southern Championships, Alan Guildler won the 10,000 metres and an Honours Badge whilst Phil Davies was 3rd in the 100 metres.

In the Kent County Championships, there were 5 winners in the Senior age group, 5 in the Junior and 2 in the Youths.

In the Kent Relays the Seniors won the 4 × 400 and the medley; the Young Athletes took another 5 first places.

Club records have regularly been bettered particularly in the younger age groups and it is encouraging to see some of the Senior long standing records being removed.

In the British League we kept well clear of the relegation zone and finished 5th. Our B and C teams both finished 19th in Division 1 and Division 4 of the Southern League.

The Club did not manage an appearance in the GRE Cup Final; however, it retained the Sward Trophy. In the Reading Trophy we were 2nd and a similar position was recorded in the Bracknell Relays.

The Young Athletes had another very successful season, going from victory in the Eastern Premier Division to 2nd place in the National Young Athletes Final at Birmingham, with 38 medals being won in 77 events. In the Kent Boys and Colts League all Division 1 Championship titles were retained.

Whilst success on the country, road, track and in the field comes from the athletes themselves it cannot be achieved without the work put in by Gary Botley, Andy Frankish and John Powell and their respective teams of assistants.

The Club's affairs have continued to be recorded in a most entertaining manner by the Editor of the Gazette and his team but the highlight of the Club's journalistic endeavours is the reappearance of the Courier thanks to the efforts of Bill Clapham.

Each year the support we receive from the Social Club proves invaluable and this year has seen the gift of a starters PA system for Norman Park, the re-upholstering of chairs, new tablecloths and cutlery together with a commitment of £1,000 towards the new fire escape to match the Club's efforts; a disco was held and we have benefitted from the provision of refreshments at Hayes and Norman Park.

Looking at the less glamorous side of the Club activities the Committee has met on a regular monthly basis to deal with Club business; in addition sub-committees have dealt with particular facets of Club life.

During the course of the year a questionnaire was circulated to all paid up members over the age of 13 resident in the UK to ascertain the views on whether further consideration should be given to admitting women to membership, merging with Bromley Ladies AC and related to these issues, changing the Club's name. The Committee considered the response was sufficient to set up a sub-committee encompassing most points of view to discuss the practical implications of such issues. The Sub-committee has met twice and has also held an exploratory meeting with Bromley Ladies to learn their views.

Some members have evinced concern over the mere discussion of such issues. However, the Club has been in existence since 1869 and has survived, whilst others have

disappeared off the athletic map, by having the perspicacity to foresee the changes happening in our sport and acting in advance of, rather than responding to them.

P/P A. Brent has continued to represent our interests on Bromley Sports Council. Like many other members Alan serves on numerous other bodies and committees in various capacities but mention should be made this year in that he is President of the South of the Thames Cross Country Association in their Centenary year and President elect of the ECCU. Not wishing to monopolise presidential offices P/P I. Smith is in his term as President of Kent County AAA.

A Club the size of ours with its many diverse and varied interests and pursuits relies on the goodwill and good offices of many members to undertake the numerous tasks required to ensure that everything runs smoothly. One cannot overlook the fact that there are far too few people doing too many jobs. However modest you may consider your talents there is always scope to assist in some area of the running of the Club. I urge you to consider this; the more the load is spread the easier it is for everyone.

In conclusion I am grateful to you Mr President and all the officers of the Club for the help I have received during the past twelve months — my second term as Secretary of Blackheath Harriers.

D.D.



Ilford Relay 19th October 1930. Arthur Holland takes over from Laurie Hammill.

TRACK & FIELD 1987

BRITISH LEAGUE DIVISION ONE

INTRODUCTION

It would be fairly safe to say that 1986 had been the Blackheath Harriers first team's most successful season to date. It was a season in which we finished fourth in the league, obtaining our best ever individual result on the way with a third at Wigan, and was rounded off by a sixth place in the GRE Cup Final. Accordingly the targets were set for 1987, a place in the top three of the league being the main priority.

Before the first match at Portsmouth it had become evident that we would be without some of the stars of '86' for most if not all of the 1987 season. Daryl Brand had since married and emigrated to New Zealand, while our other international Javelin thrower Peter Yates was handicapped by injury which limited the number of competitions he could throw in. Things were made worse in the throws department when our most prolific points scorer Graham Savory suffered the misfortune of a stress fracture in his foot.

On the plus side however the team had been strengthened by the arrival of Commonwealth Games bronze medalist and World Student Games championship Chris McGeorge, who with Tim Foulger would form a formidable partnership in the 800m. In Tim's old event the high jump we welcomed Warren Caswell, who in his first few outings in club colours made quite an impact on the indoor scene. The middle distance section was further strengthened by the arrival of International Alan Guilder, who in one of his first races was to win the Southern Counties 10,000m, and Davids Taylor and Heath. And so on to the action.



Nigel Keogh and Andrew Hodge obviously enjoyed their season..

MATCH 1

Portsmouth

9th May, 1987

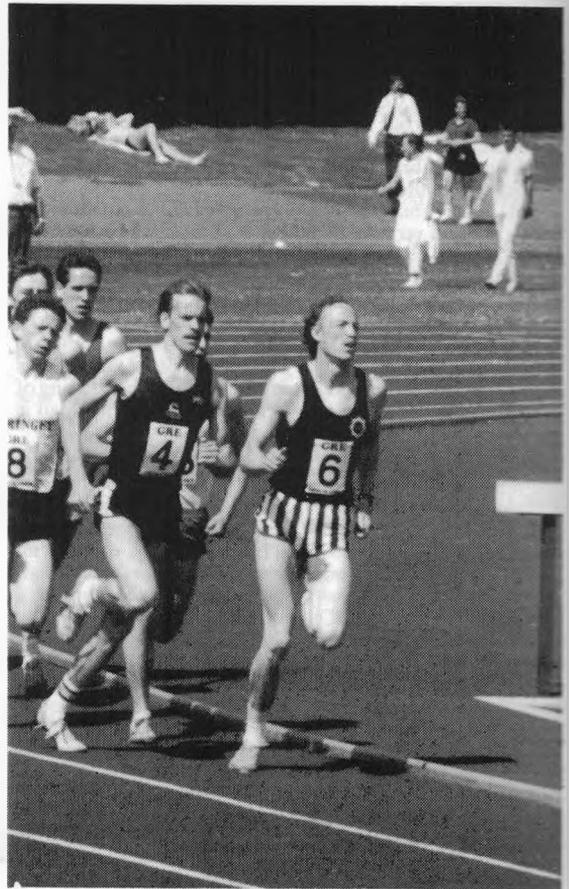
For the first time in the history of the league, Southampton and Eastleigh hosted a league division one match at nearby Portsmouth. And the blazing sunshine that lasted all afternoon was just reward for the excellent promotional work carried out by the South Coast club. Even though Portsmouth F.C. were playing their last home game of the season and due to celebrate promotion to division one, the leagues largest crowd of the season saw a feast of athletics. In these times of pace makers, and solo world record attempts, it was good to see some real racing for once.

One of the people the crowd had come to see was Haringey's Sebastian Coe in the 800m. And he didn't disappoint, as he fought off a fierce challenge from John Gladwin of Belgrave down the homestraight to win in a new league record. They were closely followed in third by our own Chris McGeorge making his debut in Blackheath colours. This was followed by Blackheath's first victory of the new league season, as Tim Foulger triumphed in the 800m 'B' string. Closely followed by wins number two and three as Phil Davies cruised to victory in the 100m, and that man Foulger again this time in the 'B' string high jump.

In a late event for division one both 'A' and 'B' strings of the 1500m were run together as one race, and as far as the Blackheath competitors were concerned this produced a desperately close finish, as Tim Nash just held off Alan Guilder to place fourth in the 'A' string, Alan placing second in the 'B' string.

Other encouraging performances on the track came from Jerry Barton in the 5000m and nineteen year old Mark Williams in the sprints, whilst Buster Watson and John Kitching both adapted well to the introduction of the new Javelin for all league competition to score good points.

At the end of the day Haringey had carried on from where they left off in 1986 and ran out convincingly winners from Birchfield in second. Blackheath finished an encouraging fourth, made more noteworthy by the fact that a number of regular first teamers were missing on the day. While at the other end of the table Southampton and Eastleigh showed that they were going to find it a struggle staying in division one for more than one season, and looked destined for division two in 1988.



Awesome front running by Tim Foulger wins him the 800 'B' string at Portsmouth. Naff shorts probably by Yves St. Laurent.



Chris McGeorge (5) makes a bid to get on terms with Gladwin (1) and Coe (7).

A		B	
100	1. P. Davies	10.73	5. M. Williams
200	4. P. Davies	21.80	5. M. Williams
400	6. D. Galvin	49.45	8. G. Clifford
800	3. C. McGeorge	1.49.30	1. T. Foulger
1500	4. T. Nash	3.50.60	2. A. Guilder
5000	4. J. Barton	14.26.10	4. L. Roberts
110H	5. C. Hamplott	15.04	7. I. Holder
400H	6. P. Austridge	56.01	5. P. Lester
3000 s/c	7. P. Betts	9.39.0	5. P. Calnan
PV	4. B. McStravick	4.00	2. D. Coleman
HJ	4. W. Caswell	2.00	1. T. Foulger
LJ	8. B. Weaver	6.20	8. D. Galvin
TJ	8. I. Holder	11.90	8. P. Lester
Hamm	6. N. Haffenden	47.84	5. C. Ellis
Shot	8. B. Watson	12.79	8. C. Ellis
Disc	7. C. Ellis	45.60	7. B. McStravick
Jav	5. B. Watson	56.50	2. J. Kitching
4 x 100m	5.		43.05
4 x 400m	3.		3.18.72

Match Result

1. Haringey	409
2. Birchfield	354
3. Wolverhampton	305
4. Blackheath	252
5. Shaftesbury	242
6. Belgrave	237
7. Newham	201
8. Southampton	191

MATCH 2

Birmingham

30th May, 1987

For the second match of the season the league moved on to the Alexandra Stadium, Perry Barr, Birmingham, the home of Birchfield Harriers. The teams injury problems had slightly eased, but it was still far from full strength. In true 'Heathen' spirit Graham Savory suggested that he competed taking just standing throws, and although personally disappointed with his performance, was a welcomed asset to the team. The team did however have to do without the services of top sprinter Phil Davies, nursing a slight strain sustained in the U.K. Champs a week previously.

But back to those who did compete. In the second track event of the day the Blackheath supporters were brought to their feet as Chris McGeorge led from gun to tape for a storming victory in the 'A' string 800m, the first we hope of many victories in a Blackheath vest. The Blackheath supporters had only just settled back down in their seats when the victory was repeated, in the 'B' string. In a much more tactical race Tim Foulger produced the goods. These proved to be our only two victories of what turned out to be quite a disappointing afternoon.

There were however a number of encouraging individual performances. Paul Austridge continued his welcome return to form with his fastest time for two years in the 400m hurdles, whilst in the 5000m Les Roberts recorded a new p.b., leaving many a young whippersnapper in his wake. At the other end of the age scale 18 year old David Coleman continued to fulfil his great potential equalling his personal best in the pole vault, placing second in the 'B' string for good measure. Whilst another junior in fine form was Neil Haffenden, continuing his steady improvement in the hammer, placing fourth in the 'B' string. Injuries had deprived us of a number of our top jumpers, so well done to Dave Galvin, Rob Bates and Gary Spencer, who volunteered, or found themselves volunteered, to fill in at the last moment, competing for the point as they say.

In the end this all added up to a disappointing final position of seventh, a mere seven points behind fifth placed Shaftesbury. The match was won by the host club Birchfield, with Haringey well adrift down in third. This was due to some extent to the fact that they had rested a number of top athletes in preparation for the European Clubs Championship the following weekend. It did however mean that halfway through the season, the league title was wide open.

	A		B	
100	7. D. Emery	11.64	6. R. Bates	11.43
200	7. D. Emery	23.17	5. R. Bates	22.93
400	6. T. Llewelyn	49.11	5. D. Galvin	49.18
800	1. C. McGeorge	1.51.29	1. T. Foulger	1.54.24
1500	4. A. Guildler	3.52.60	6. T. Nash	3.59.70
5000	3. B. Foster	14.26.75	3. L. Roberts	14.32.48
3000 s/c	8. P. Betts	9.33.48	7. P. Calnan	10.03.03
110H	4. C. Hamplett	14.99	6. W. Caswell	16.75
400H	5. P. Austridge	53.81	6. S. Munday	56.06
HJ	8. G. Spencer	1.30	- W. Caswell	N.H.
LJ	8. R. Bates	5.47	8. D. Galvin	5.22
TJ	8. T. Llewelyn	10.80	8. G. Spencer	10.42
PV	5. B. McStravick	4.20	2. D. Coleman	4.00
SP	7. G. Savory	13.82	7. B. Watson	13.16
DT	6. C. Ellis	45.60	6. G. Savory	42.12
HT	6. N. Spivey	50.92	4. N. Haffenden	48.94
JT	3. B. Watson	54.12	3. J. Kitching	50.98
4 x 100	6.			43.75
4 x 400	5.			3.18.49

Match Result

1. Birchfield	389½
2. Wolverhampton	353
3. Haringey	303
4. Belgrave	286
5. Shaftesbury	221
6. Southampton	217
7. Blackheath	214
8. Newham & Essex Beagles	204½



Jerry Barton during the 5000m at Portsmouth.

MATCH 3

Warley

4th July, 1987

For the third match of the season the league moved across the West Midlands to Warley for a match to be hosted by Wolverhampton and Bilston (Wolverhampton's track being unavailable for league competition since it only has six lanes).

Blackheath's team from Birmingham had been further strengthened by the return of a number of regulars from injury, whilst Dave Heath, Dave Taylor and Paul Sparks were all making their British league debuts. Of these, the most memorable debut was made by Dave Taylor in the steeplechase. After taking on some of the country's leading chasers from the front, Dave finally ended up in fourth place, just four seconds outside John Baldwins 15 year old club record. This was made more remarkable by the fact that halfway round the fifth lap Dave decided that he really wanted to be a swimmer and took a quick dip in the water jump. The steeplechase proved a good points saver with Tim Nash going third in the 'B' string.

The clubs best points scorer though was not for the first time this season the 800m. Chris McGeorge followed his victory at Birmingham with a repeat performance, whilst Tim Foulger continued a consistent season with a third in the 'B' string.

In the field Peter Yates marked his first appearance of the season with an easy victory in the javelin, John Kitching backing him up in the 'B' string with a solid fourth place. In the high jump Warren Caswell was competing just four days after achieving a new p.b. of 2.16m, and although not quite up to those heights produced another class performance, placing second with 2m10 behind Britain's number one in 1987 Dalton Grant.

The match result left Blackheath in fifth and virtually assured us of a division one place in 1988, with both Southampton and Eastleigh and Newham and Essex Beagles virtually doomed to relegation. At the top end of the league Birchfield again emerged victors snatching a close victory over Haringey by a margin of some ten points. Thus establishing themselves as the clear favourites to clinch the title in the final match.

	A		B	
100	4. P. Davies	10.83	5. P. Sparks	11.55
200	4. P. Davies	21.78	5. R. Bates	22.57
400	7. T. Llewelyn	49.47	6. D. Galvin	50.04
800	1. C. McGeorge	1.51.48	3. T. Foulger	1.52.43
1500	5. D. Heath	3.50.02	4. A. Guilder	3.54.13
5000	6. B. Foster	14.50.66	5. L. Roberts	14.53.21
3000 s/c	4. D. Taylor	9.08.9	3. T. Nash	9.24.2
110H	5. C. Hampllett	15.1	7. W. Caswell	17.3
400H	5. P. Austridge	53.97	3. N. Keogh	54.28
PV	6. D. Coleman	4.00	4. J. Wakeman	3.40
HJ	2. W. Caswell	2.10	7. T. Llewelyn	1.65
LJ	5. R. Weaver	6.83	6. C. McGrady	6.21
TJ	6. C. McGrady	13.63	6. P. Byfield	13.26
Shot	8. B. Watson	12.93	7. C. Ellis	11.80
Discus	6. C. Ellis	45.24	7. B. Watson	36.80
Hammer	6. N. Haffenden	47.44	6. A. Paffett	38.48
Javelin	1. P. Yates	73.42	4. J. Kitching	55.90
4 x 100	5.			43.14
4 x 400	5.			3.16.07

Match Result

1. Birchfield	385
2. Haringey	375
3. Wolverhampton	341
4. Belgrave	244
5. Blackheath	237
6. Shaftesbury	232
7. Newham & Essex Beagles	225
8. Southampton	157



Dave Heath, here sandwiched between Rob Harrison and Gary Cook, shows fine form.

MATCH 4

McMillan Stadium, Newham

25th July, 1987

Blackheath arrived at their final league match of the season needing to finish three places above South London rivals Belgrave Harriers in order to gain a final league position of fourth. A strong blustery wind meant that other than in the sprints fast times would be hard to come by, and as a result most of the distance events proved to be tactical affairs.

On the day Blackheath victories were also hard to come by with Andrew Hodge in the 'B' string high jump proving to be the only victor of the day. In the 'A' string Warren Caswell narrowly failed to make it a Blackheath double again finishing runner up to Dalton Grant.

On the track the best performances of the day came from Phil Davies in the sprints finishing runner up in the 100m behind Haringey club captain, Micky Morris, and runner up in the 200m behind former Olympian Ainsley Bennett. Second was a position matched by Nigel Keogh in the 'B' string 400m hurdles, his best ever British league placing.

With Chris McGeorge unavailable, Dave Heath moved down in distance to take his place in the 'A' string 800m. Dave proved a more than able replacement placing fourth in a race that saw the return to top form after serious injury of

former Olympic relay medalist Gary Cook. In an opposite trend Alan Guilder moved up in distance to the 5000m also with good effect, placing third in the 'A' string behind Steve Harris, a position matched by Tim Nash in the 'B' string.

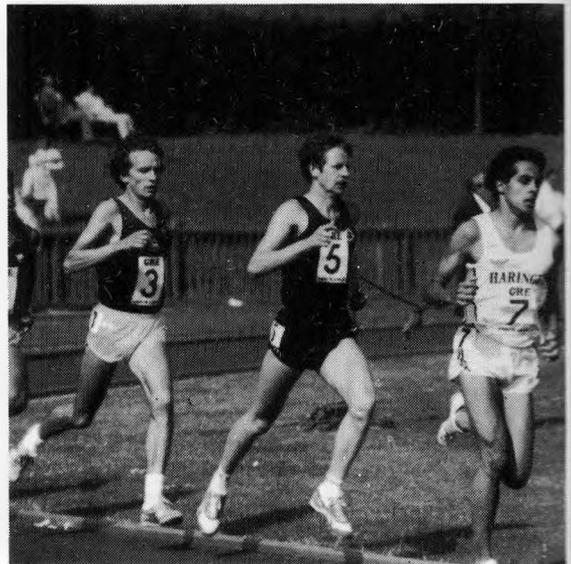
Another in good form was Bob Weaver in the long jump. After missing most of the season through injury Bob was back in 7m plus form, placing third in the 'A' string.

The shortage of winners meant that we could only manage to finish fifth just two places above Belgrave, leaving us fifth in the league, behind Belgrave on match points. In another closely fought match Birchfield proved triumphant and deservedly took the league title, and go on to represent Britain in the European Clubs Championships in 1988. At the other end of the league even the appearance of Daley Thompson couldn't save Newham and Essex Beagles from relegation and they and Southampton and Eastleigh will compete in division two for 1988.

	A		B	
100	2. P. Davies	10.66	4. P. Sparks	11.05
200	2. P. Davies	21.12	5. R. Bates	22.41
400	7. T. Llewelyn	49.99	4. D. Emery	50.54
800	4. D. Heath	1.51.37	4. T. Foulger	1.54.70
1500	7. B. Foster	4.01.43	8. M. Colpus	4.04.84
5000	3. A. Guilder	14.12.33	3. T. Nash	14.38.59
3000 s/c	6. D. Taylor	9.15.15	7. P. Betts	9.56.21
110H	5. C. Hampllett	14.51	8. I. Holder	17.10
400H	4. P. Austridge	54.53	2. N. Keogh	54.93
PV	6. D. Coleman	4.20	3. J. Wakeman	3.40
HJ	2. W. Caswell	2.05	1. A. Hodge	1.90
LJ	3. B. Weaver	7.06	4. C. McGrady	6.30
TJ	6. C. McGrady	13.50	5. P. Byfield	12.20
Javelin	6. B. Watson	59.74	3. J. Kitching	58.08
Discus	7. C. Ellis	46.40	8. J. Kitching	24.02
Shot	8. B. Watson	12.95	6. C. Ellis	12.58
Hammer	7. A. Paffett	40.02		
4 x 100	4.			42.44
4 x 400	5. Foulger, Emery, Keogh, Llewelyn			3.15.96

Match Result

1. Birchfield	394	1. Birchfield	31	1522½
2. Haringey	378	2. Haringey	28	1465
3. Newham & Essex	286	3. Wolverhampton	24	1281
4. Wolverhampton	282	4. Belgrave	15	974
5. Blackheath	246	5. Blackheath	15	949
6. Shaftesbury	237	6. Shaftesbury	14	932
7. Belgrave	207	7. Newham & Essex	11	916½
8. Southampton	154	8. Southampton	6	719



Alan Guilder tucks in behind Steve Harris at Newham.

Every now and again in sport teams or individuals have what can only be described as one of those days. August 2nd at Enfield was for Blackheath Harriers one of those days. On paper the match seemed to be a three way struggle between ourselves, Newham and Essex Beagles and Enfield A.C., for the two available qualification spots.

The 'Heath' got off to a reasonable start with eleventh hour replacement Gary Pullen winning the long jump, Neil Haffenden placing fifth in the hammer just down on his best, and Paul Austridge placing third in the 400m hurdles. But then things seemed to start to go against the 'Heath'. Tim Foulger in the 800m, Paul Sparks in the 100m, and Trevor Llewelyn in the 400m were all involved in close finishes and all saw the decision go against them. Chris Ellis revived hope with a victory in the discus, while Tim Foulger reverted to his old speciality the high jump to place second. But then disaster struck in the 110m hurdles when Colin Hamplett was controversially disqualified for allegedly having two false starts, and as Colin would almost certainly have finished in the top three a number of valuable points were lost. It all meant that Blackheath were now well down on the leaders Newham, and a surprising second place Luton.

Phil Davies and Dave Heath closed the gap with wins in the 200m and 1500m respectively, but then things started to go wrong again. Buster Watson saw victory snatched from his grasp in the very last round of the javelin, and the 4 x 100m team were adjudged to have finished second as another decision went against us in a desperately close finish. This left the whole result hanging on the 4x 400m. We needed to win, and Luton to finish no higher than fourth. After Dave Galvin, Dominic Emery, and Nigel Keogh, had kept the 'Heath' just in the lead for the first three legs, Trevor Llewelyn was given the unenviable task of anchoring the team home with Newham in close contention. But despite a brave effort by Trevor it was not to be, and Newham snatched victory in the last few strides. And with Luton managing to place fourth we were out of the cup. Newham got some consolation for being relegated to British League Division Two by going forward to the final with surprise runners up Luton.

100	8.	P. Sparks	11.2
200	1.	P. Davies	21.5
400	4.	T. Llewelyn	49.6
800	3.	T. Foulger	1.51.0
1500	1.	D. Heath	3.52.8
5000	2.	T. Nash	14.55.3
10000	4.	L. Roberts	30.42.5
3000 s/c	6.	P. Betts	9.59.8
110m H	Disq.	C. Hamplett	
400H	3.	P. Austridge	53.9
HJ	2.	T. Foulger	2.00
LJ	1.	G. Pullen	7.04
TJ	4.	C. McGrady	13.51
PV	5.	B. McStravick	4.00
Hammer	5.	N. Haffenden	48.36
Shot	5.	B. Watson	13.12
Discus	1.	C. Ellis	47.10
Javelin	2.	B. Watson	55.46
4 x 100m	2.	Sparks, Davies, Bates, Williams	42.0
4 x 400m	2.	Galvin, Emery, Keogh, Llewelyn	3.17.4

Match Result

1.	Newham & Essex Beagles	132½
2.	Luton	115½
3.	Blackheath	114
4.	Notts	89
5.	Enfield	88
6.	Highgate	83
7.	Sparkhill	56
8.	Hercules Wimbledon	51



SOUTHERN LEAGUE DIVISION ONE

MATCH ONE

Dartford

2 May, 1987

Blustery conditions welcomed our arrival to the new all-weather track at Dartford. The opposition was anything but welcoming providing us with a staunch early test to gauge our improvement upon last season.

Guildford, Highgate and Cambridge Harriers were amongst our opponents, nevertheless the 'B' team had high hopes for a successful campaign. These hopes were based partly on the strengthening of the British League track team in the winter months. This created a 'knock on' effect giving us the luxury of being able to field a few British league 'stars' for our first Southern league fixture of 1987.

A notable double first was achieved in the Pole Vault with John Wakeman 'A' string and James Cunningham 'B' string clearing 3.50m and 3.40m respectively. Our other wins in the field came from Bob Weaver with an excellent 7.11 in the Long Jump and Chris Ellis grabbing 5 points with his 46.52 effort in the Discus. Other highlights included a 44.62m for 2nd place for the ever improving Carl Longley in the Javelin.



Valuable sprint find Mark Williams.

MATCH TWO

Colindale

23rd May, 1987

On the track we gained two wins, Trevor Llewelyn running aggressively from the blocks to win the 400 metres 'A' string in 50.1. The discovery of the day (season?) Martin Lobb scored our other victory winning the 400 metre Hurdles in 60.7. He went on to form a formidable double act for the 'B' team along with Peter Lester in the Hurdles, who incidentally could be seen in fine Harrier tradition competing in the unfamiliar event (for him) the Steeplechase.

Our other 400 metre hurdler on the day, Paul Austridge looked to be recapturing the form of two seasons ago with a fine 2nd place 'A' string, clocking 56.4. In the 5000 metres Les Roberts surprised us and I think himself recording a splendid time of 14.46 to claim 3rd place not far down on Keith Penny. Richard Coles ably backed this up with a 15.17 second 'B' string place.

The 800's turned out to be races of the highest quality with Richard Coe and Peter Lester finding themselves caught up in a whirlwind two laps. Richard hung in there and clocked a fine 2.02. At last we seem to be gaining strength in depth in the sprints and this is partly due to the addition of Mark Williams and Pete Crowe who both made their debuts for the Club. On this occasion Mark Williams running the 'A' strings claimed two second places in the 100 metres with 11.5 and 200 metres with 23.4.

In the event we finished a slightly disappointing 4th but there were many fine performances and particularly encouraging was the breakthrough for some of the Clubs juniors whose enthusiasm complemented the experience of the senior athletes to provide a sound platform for the coming season.

	A		B	
100m	2. M. Williams	11.5	4. P. Crowe	12.1
200m	2. M. Williams	23.4	4. P. Crowe	23.5
400m	1. T. Llewelyn	50.1	3. P. Squires	52.1
800m	5. P. Lester	2.16.9	5. R. Coe	2.02.2
1500m	5. M. Jackson	4.18.5	5. R. Coles	4.26.3
5000m	3. L. Roberts	14.46.0	2. R. Coles	15.19.0
3000 S/C	4. R. Cliff	10.34.6	4. P. Lester	11.07.0
110H	3. G. Holder	17.6	No Runner	
400H	2. P. Austridge	56.4	1. M. Lobb	60.7
HJ	5. I. Holder	1.65	4. G. Holder	1.30
LJ	1. R. Weaver	7.11	3. I. Holder	5.97
TJ	3. P. Bagley	12.41	4. C. Smith	11.65
PV	1. J. Wakeman	3.50	1. J. Cunningham	3.40
Shot	2. C. Ellis	12.85	4. G. Holder	10.45
Discus	1. C. Ellis	46.52	4. A. Elgy	31.08
Hammer	3. A. Paffett	37.72	2. C. Ellis	37.22
Javelin	4. C. Morris	48.02	2. C. Longley	44.42
4 x 100	3. Blackheath	44.2		
4 x 400	2. Blackheath	3.29.1		

Match Result

1. Cambridge 118.5; 2. Highgate 113.5; 3. Guildford 112.5; 4. Blackheath 103.5; 5. Dartford 87.



Andy Paffett soaks up the adulation of the crowd having thrown the heavy roller to yet another PB.

It was fortunate that the Metropolitan Police had got such excellent facilities, as it rained steadily through this early season fixture. The weather didn't dampen 'Heathen spirits though and the team acquitted themselves well enough to cling on to second place. Garth Holder did a Roger Ebbutt impression with five field events. Rob Bates, on his debut for the club, starred in both short sprints, and helped the team to the first 4 x 100m victory that I've seen in recent years! Our best events appeared to be the high jumps with first places for Terry, Hodge, Wakeman and Cunningham. I enjoyed it — another few training sessions and I shall be challenging Chris Ellis in the Discus I expect! A very good team performance and definitely the correct result.

	A		B	
100	2. R. Bates	11.3	3. P. Sparks	11.7
200	2. R. Bates	22.3	3. V. Corless	23.6
400	1. T. Llewelyn	49.4	5. D. Farrelly	54.6
800	4. M. Laws	1.57.2	2. J. Kemp	1.59.9
1500	4. M. Lawton	4.08.4	3. J. Kemp	4.42.3
5000	2. R. Coles	15.12	2. K. Pike	15.38
110H	5. M. Lobb	20.8	1. N. Terry	16.7
400H	2. M. Lobb	62.0	2. D. Farrelly	62.9
3000 S/C	3. D. Williams	10.10.3	3. K. Pike	10.28.5
HJ	1. N. Terry	2.00	1. A. Hodge	1.95
LJ	5. T. Llewelyn	6.05	2. G. Holder	6.00
TJ	3. G. Holder	12.05	4. C. Longley	11.10
PV	1. J. Wakeman	3.20	1. J. Cunningham	2.60
SP	4. G. Holder	10.40	4. J. Wakeman	9.27
DT	4. G. Holder	27.02	4. S. Parsons	16.62
JT	3. G. Holder	43.74	2. C. Longley	43.46
HT	4. A. Paffett	40.44	2. M. Davies	32.12
4 x 100	1. Blackheath	44.00	(Sparks, Bates, Corless, (Llewelyn)	
4 x 400	1. Blackheath	3.25.2	(Bates, Kemp, Lobb, Llewelyn)	

Match Result

1. Bournemouth 137; 2. Blackheath 119; 3. Mitcham and Sutton 107; 4. Metropolitan Police 96; 5. Epsom and Ewell 60.



Paul Sparks ran well in between photographic sessions.

MATCH THREE

West London

6th June, 1987

"Blow winds and crack your cheeks! Rage! Blow!"

Not a genuine spectator statement (King Lear, actually) but appropriate to an afternoon designed with kites, windsurfers and wind-tunnel engineers in mind: windy. Jostled jumpers, hustled hurdlers, thwarted throwers and ruffled runners — that sort of thing. 45 seconds for the first 200 of the 5000 — *that* sort of thing.

Joy, nevertheless, to Blackheath. The team won a "desperately tight fought match" (genuine newspaper — reporter statement) beating second placed Exeter by 3 points.

Maximum points in 2 events laid the foundations. Nick Terry (A string) and Simon Tolson (B string) conspired to clean up the High Jump leaping 2m and 1.78m respectively. On the track, Pete Lester (58.3) and Martin Lobb (60.5) ran to victory in the A and B string 400m hurdles.

The other winning efforts:

— Dave Taylor made his debut for the Blackheath track team with a win in the A string 3000m Steeplechase (9.23.6).

— Nick Terry completed an impressive double, adding the A string 110m Hurdles to his High Jump success.

— James Cunningham, 3.00m in the B string Pole Vault.

— Trevor Walhen, 40.14 in the B string Hammer Throw.

A classic script had Blackheath lining up for the final event — the 4 × 400 relay — with a one point lead over hard chasing Exeter. It was left to a splendid win by the 4 × 400 team to hold off the challenge and lift the team into the top 10 in the league.

A			B		
100	2. P. Sparks	11.9	4. J. Salmon	12.2	
200	4. V. Corless	24.7	4. J. Salmon	24.0	
400	5. T. Fox	54.3	2. P. Byfield	51.9	
800	2. M. Laws	1.58.1	2. J. Kemp	2.03.4	
1500	5. M. Laws	4.13.4	4. M. Lawton	4.16.3	
5000	4. B. O'Donnell	15.28.7	5. K. Pike	17.07.7	
110H	1. N. Terry	17.3	2. S. Tolson	19.1	
400H	1. P. Lester	58.3	1. M. Lobb	60.5	
3000 S/C	1. D. Taylor	9.23.6	4. K. Pike	10.47.8	
HJ	1. N. Terry	2.00m	1. S. Tolson	1.75m	
LJ	3. C. McGrady	5.76m	2. G. Holder	5.65m	
TJ	4. C. McGrady	13.00m	2. G. Holder	12.57m	
PV	3. J. Wakeman	3.40m	1. J. Cunningham	3.00m	
SP	2. T. Walhen	12.66m	3. G. Holder	10.84m	
DT	2. T. Walhen	34.90m	4. G. Holder	26.42m	
HT	3. P. Paffett	40.44m	1. T. Walhen	40.14m	
JT	4. C. Morris	50.32m	3. C. Longley	44.28m	
4 × 100	5. Blackheath	46.3			
4 × 400	1. Blackheath	3.30.6			

Match Result

1. Blackheath B 118; 2. Exeter 115; 3. Oxford 110½; 4. Shaftsbury B 108½; 5. T.V.H. B. 83.

MATCH FOUR

Woodford Bridge

4th July, 1987

Half way through the season and well-placed in the Division our bid for a share of the league prize money took a set back on a blistering hot day at Woodford. The fixture was always going to be difficult with London Irish and Havering, (2nd and 4th respectively in the league last year), competing, but it was quite realistic to expect at least third place. No doubt the result was affected by a clash with a British League fixture which stretched our resources, but it has to be said that some of our team were not at their best (probably as a result of too much sunbathing).

Amid the disappointments there were some note-worthy performances. First-year youth Matthew Griffiths took A string 100m running and triple jumping in his stride on his debut in the B team and can only get better. Tony

Linford and Dave Hassall also made their Southern League debuts for the club. The high jump proved very fruitful with Andy Hodge setting a p.b. of 2.02m to win the competition. Other p.b.s came from Steve Oxlade in the pole vault and from Pete Crowe in the 400m hurdles, with an equal p.b. in the 200m for good measure. Oxlade's ability as a decathlete was put to full use as he covered six events! Former top decathlete Trevor Walhen contented himself with the throws, scoring valuable points despite a hiccup in the discus.

A String

100m	4. M. Griffiths	11.9	(Youth)
200m	4. P. Crowe	23.2	(=P.B.)
400m	5. P. Squires	52.9	(Junior)
800m	3. T. Linford	1.54.7	
1500m	4. M. Colpus	4.06.0	
5000m	4. D. Hassall	15.59.5	
110H	5. S. Tolson	18.2	(Junior)
400H	5. M. Lobb	59.3	(Junior)
3000 S/C	5. P. Betts	9.59	
HJ	1. A. Hodge	2.02m	(P.B.) (Junior)
LJ	5. A. Hodge	6.09m	(Junior)
TJ	4. M. Griffiths	12.12m	(Youth)
PV	3. S. Oxlade	3.40m	(P.B.)
SP	2. T. Walhen	12.68m	(V/40)
DT	5. T. Walhen	31.80m	(Vet/40)
HT	3. T. Walhen	39.32m	(Vet/40)
JT	5. S. Oxlade	43.92m	
4 × 100	4. 46.3 (Griffiths, Pinson, Crowe, Tolson)		
4 × 400	4. 3.33.9 (Lobb, Clifford, Linford, Squires)		

B String

100m	3. B. Pinson	12.2	
200m	4. V. Corless	23.7	(Junior)
400m	4. M. Lobb	51.6	(Junior)
800m	2. G. Clifford	1.57.0	
1500m	4. M. Laws	4.08.7	
5000m	3. R. Coles	16.11.9	
110H	5. S. Oxlade	18.6	
400H	2. P. Crowe	62.7	(P.B.)
3000 S/C	1. P. Calnan	10.04	
HJ	2. S. Tolson	1.85m	(Junior)
LJ	4. S. Oxlade	5.56m	
TJ	4. S. Tolson	11.62m	(Junior)
PV	2. J. Cunningham	3.20m	
SP	4. S. Oxlade	10.58m	
DT	3. S. Oxlade	31.60m	
HT	3. S. Williams	29.30	
JT	4. C. Longley	40.86m	(Junior)

MATCH FIVE

Norman Park

25th July, 1987

This fixture was disrupted by the enlightened policy of Bromley Council in digging up the Hammer, Discus and Shot circles in the middle of the season. Not only did this seriously interrupt the training of many of our athletes this season, but the delay in completing the work meant the Hammer and Discus events for this fixture had to take place at the stadium at Croydon, a far from ideal situation as it prevented one or two athletes doubling up and scoring lucrative points for the club at an important stage in the season. Our position in this match more or less ensured that we would not make the top ten in the league.

A clash with a British League fixture also stretched our resources, particularly in some of the field events. For example, on a weekend where we had to field three teams we were missing four hammer throwers and it was only thanks to the efforts of Stan Williams and Paul Monks, (a Youth making his debut for the club), that we were able to cover this event at all. Paul is a discus thrower who performed well despite the problems of having to adapt to the senior implement.

Three other youngsters also made debuts demonstrating how more and more of the young Athletes are progressing

through the ranks to senior level. Gerald Harrison's first appearance was nothing short of sensational. Despite never having thrown a senior javelin before, as he is still only a first year youth, Gerald defeated all opposition throwing 47.50m to win the A string event. Carl Longley, a junior, took second in the B string to help us to nine out of a possible ten points in the event. Costas Karageorghis' winter work has paid great dividends this summer and it was only a matter of time before he made the second team. His performances in the sprints, relay and long jump show great promise for the future. First year youth Richard Holt ran a mature race in the A string 400m to finish with an excellent 51.1. His relay leg proved even faster! (50.5)

Amid the blaze of raw young talent one of our more seasoned campaigners showed that there is life after 20. John Baldwin now in the over 50s category continued his excellent summer season with a run only 15 seconds outside the U.K. age group record, and this on a day not conducive to fast 5,000 running. Garth Holder continued to show great versatility in his first pole vault of the season with an implement which was far from ideal — Mark Allnott's training pole, his proper pole being locked up at Crystal Palace.

Other notable performances came from Gary Pullen on his return from injury. His afternoons efforts included a first and two seconds. Pete Crowe ran another p.b. in the 400 hurdles and followed with runs in the 100m, 400m and both relays (not bad for your first year in athletics). There were also p.b.s for John Beck (comfortably under 10 minutes in the chase!) and Simon Tolson in the 110 hurdles.

In spite of such efforts we were slaughtered by a rampant G.E.C. Avionics, well on their way to a place in the British League qualifying match. They won fourteen out of twenty track events compared to our two wins all afternoon. On a better day we could beat Bedford and Portsmouth.



Nick Terry

MATCH 6

Peterborough

15th August, 1987

For the first time a league fixture was disrupted by local council work at a track. The trip was a waste of time for pole vaulters Steve Gascoigne and James Cunningham as their event was cancelled due to an unsafe landing area. The javelin throwers were posed with an unusual problem with a tree positioned slightly left of centre at the 40m mark. In addition the markings in the throwing area were incorrect. We took a good strength team to Peterborough but met with some strong teams from Newham and Haringey and a host club digging deep to avoid relegation.

Pete Crowe continued his good form with some sharp sprinting. He should be even faster next season with a good winter behind him. Pete Lester set a p.b. in the 400m hurdles but only came 3rd — an indication of the standard we were up against. We had three winners — Nick Terry (high jump), Carl Longley (javelin B string) and Gary Pullen (long jump). Gary also scored good points in the discus, shot and 110 hurdles — the British League's loss being the 2nd team's gain. No doubt fully recovered from injury he'll be back with the big boys next year.

With no water available for the steeplechase, Club President Derek Gregory acting as team manager, and having referred to his Norman Page book of Track and Field Team Management, diplomatically suggested to the track referee that perhaps it might be better to have the event cancelled (a situation which would have suited the club as it would have meant doubling up for some runners). This was agreed upon until a passing fire-engine was flagged down and directed towards the water jump. Captain Flack provided us with what looked like washing up water. "Don't tell the 'gentleman' from Blackheath about the bubbles or he'll want the thing cancelled again" was the comment of the track referee. Thus, Giles Clifford, normally an 800m runner, managed to make his first club appearance at the steeplechase, a fact that has been noted by our track captain.

Our final position was in the mid table, comfortably clear of the relegation zone, but perhaps not quite fulfilling our true potential. Hopefully the new blood which appeared this year will continue to flourish and strengthen our team along with some of the 'evergreens' who have served us so well.

A String

100m	2. P. Crowe	11.5	
200m	3. B. Pinson	23.4	
400m	3. R. Holt	51.1	(Youth)
800m	3. M. Laws	1.58.1	
1500m	5. G. Fernandez	4.05.2	
5000m	4. J. Baldwin	15.42.5	(Vet/50)
110H	2. G. Pullen	15.6	
400H	4. P. Lester	60.0	
3000 S/C	5. J. Beck	9.59.9	
HJ	3. S. Tolson	1.80m	(Junior)
LJ	1. G. Pullen	7.02m	
TJ	5. G. Holder	12.11m	
PV	3. G. Holder	3.20m	
SP	5. G. Pullen	11.89m	
DT	5. P. Monks	25.52m	(Youth)
JT	1. G. Harrison	47.50m	(Youth)
HT	5. S. Williams	29.76m	
4 x 100	3.	46.0	
4 x 400	2.	3.25.9	

B String

100m	2. C. Karageorghis	11.5	(Junior)
200m	3. C. Karageorghis	23.5	(Junior)
400m	4. P. Crowe	53.3	
800m	4. P. Calnan	2.02.9	
1500m	5. M. Lawton	4.12	(Junior)
5000m	3. D. Hassall	15.49.2	
110H	3. S. Tolson	18.1	(Junior)
400H	4. P. Crowe	61.3	
3000 S/C	3. D. Williams	10.12.6	(Junior)
HJ	2. G. Pullen	1.75m	
LJ	4. C. Karageorghis	5.69m	(Junior)
TJ	4. C. Longley	11.24	(Junior)
PV	2. M. Allnatt	3.00	
SP	4. G. Hickey	11.00	(Vet/50)
DT	5. S. Williams	21.40	
JT	2. C. Longley	44.12	(Junior)
HT	5. P. Monks	5.54	(Youth)

Match Result

1. GEC Avionics 152; 2. Bedford 113; 3. Portsmouth 106;
4. Blackheath 'B' 93; 5. Reading 72.

A String

B String

100m	2. P. Crowe	11.2	3. C. Karageorghis	11.6
200m	2. P. Crowe	23.3	4. B. Pinson	24.1
400m	4. R. Holt	51.8	4. P. Squires	51.4
800m	4. G. Clifford	1.59.1	3. J. Kemp	1.58.4
1500m	4. G. Fernandez	4.07.5	4. D. Williams	4.30.7
5000m	3. L. Roberts	15.08.5	3. P. Calnan	16.27.7
110H	3. G. Pullen	15.8	4. N. Terry	21.9
400H	3. P. Lester	57.9	3. M. Lobb	61.1
3000 S/C	3. P. Calnan	10.04.1	3. G. Clifford	10.18.1

HJ	1. N. Terry	2.00m	4. S. Tolson	1.75m
LJ	1. G. Pullen	7.03m	5. G. Holder	6.04m
TJ	5. G. Holder	12.30m	5. S. Tolson	11.04m
PV	Event Cancelled			
SP	5. T. Walhen	12.12m	3. G. Pullen	12.04m
DT	2. G. Pullen	38.86m	2. T. Walhen	34.62m
JT	5. G. Holder	44.18m	1. C. Longley	42.12m
HT	4. T. Walhen	38.96m	4. M. Davies	26.84m
4 × 100	4. Crowe, Karageorghis			45.4
4 × 400	4. Holt, Squires, Karageorghis, Lobb			3.28.4

Match Result

1. Peterborough 122; 2. Newham & Essex 119;
3. Haringey 98, 4= Blackheath 96, 4= Aldershot 96.

4 × 100	1. Blackheath	45.7
4 × 400	2. Blackheath	3.34.0

Match Result

1. Harlow 129; 2. Blackheath 125; 3. Croydon 109; 4. Dartford 87;
5. Highgate 84.

MATCH THREE

West London

6th June, 1987

		A	B	
100m	2. P. Crowe	12.3	2. C. Karageorghis	12.7
200m	2. J. Khan-Panni	23.8	2. F. Meade	25.2
400m	1. P. Squires	52.3	1. P. Crowe	53.5
800m	2. R. Coe	2.01.1	2. D. Farrelly	2.10.4
1500m	2. K. Daniel	4.29.7	2. D. Williams	4.40.4
5000m	3. J. Baldwin	16.14.2	3. J. Phelan	17.00.8
3000 S/C	2. P. Barlow	11.29.7	2. J. Beck	10.40.3
110H	3. N. Tolson	18.3	3. A. Tilley	21.9
400H	1. J. Khan-Panni	60.5	1. N. Fratier	65.1
HJ	2. N. Tolson	1.75	2. N. Fratier	1.55
LJ	3. C. Rankin	5.35	4. C. Karageorghis	5.33
TJ	3. C. Rankin	12.30	3. N. Fratier	11.46
PV	1. J. Day	2.75	1. M. Allnatt	2.75
Shot	3. A. Elgy	9.25	3. S. Smith	8.45
Discus	3. A. Elgy	28.06	3. C. Brand	26.94
Javelin	3. C. Brand	42.42	4. R. Coe	24.90
Hammer	3. M. Davies	31.40	4. C. Brand	23.30
4 × 100	Disqualified			
4 × 400	1. Blackheath	3.34.7		

Match Result

1. TVH 136; 2. Blackheath 128; 3. Overton 115.5; 4. Tower Hamlets 115;
5. Epsom 17.5.

MATCH FOUR

Watford

4th July, 1987

		A	B	
100m	2. C. Karageorghis	11.6	1. S. Westerham	11.7
200m	4. C. Karageorghis	23.7	2. D. Barlow	24.2
400m	4. J. Forrest	53.4	2. S. Westerham	55.6
800m	3. R. Coe	1.59.1	2. J. Kemp	2.01.5
1500m	4. M. Lawton	4.21.6	3. G. Ponto	4.20.1
5000m	2. P. Hamilton	15.46.6	2. B. Grant	16.22.8
3000 S/C	3. D. Williams	10.24.8	3. R. Cliff	10.40.3
110H	3. P. Brookes	17.1	1. I. Holder	17.4
400H	3. N. Fratier	63.1	3. R. Ebbutt	64.9
HJ	3. P. Brookes	1.80	2. I. Holder	1.70
LJ	3. C. Karageorghis	6.07	3. I. Holder	5.95
TJ	4. I. Holder	12.10	3. N. Fratier	11.32
PV	3. M. Allnatt	3.00	1. J. Day	3.00
Shot	4. A. Elgy	9.25	4. P. Brookes	8.84
Discus	4. A. Elgy	30.96	3. C. Brand	27.54
Javelin	3. C. Brand	43.56	4. R. Coe	36.20
Hammer	4. M. Davies	31.20	4. C. Brand	23.36
4 × 100	3. Blackheath	47.3		
4 × 400	1. Blackheath	3.32.8		

Match Result

1. Braintree 144; 2. Watford 142; 3. Blackheath 113; 4. Eastbourne 83;
5. Cambridge and Coleridge 37.

MATCH FIVE

Southampton

25th July, 1987

		A	B	
100m	5. J. Davis	11.9	1. J. Salmon	11.4
200m	3. J. Salmon	23.2	1. D. Barlow	23.6
400m	3. P. Squires	51.1	1. J. Kemp	52.1
800m	2. J. Kemp	1.58.9	2. K. Wheeler	2.02.4
1500m	3. R. Coe	4.16.0	2. J. Phelan	4.19.7
5000m	2. K. Pike	15.15.3	2. P. Hamilton	15.30.3
3000 S/C	3. K. Pike	10.25.5	3. P. Barlow	10.44.1
110H	1. N. Tolson	17.6	1. R. Ebbutt	19.8
400H	2. R. Ebbutt	63.8	2. N. Fratier	65.2
HJ	1. N. Tolson	1.85	3. D. Barlow	1.45
LJ	2. R. Coe	5.95	5. S. Parsons	5.15
TJ	5. N. Fratier	10.79	5. R. Ebbutt	9.77
PV	2. J. Day	3.00	1. R. Ebbutt	2.60



SOUTHERN LEAGUE DIVISION FOUR

MATCH ONE

Woodford Green

2nd May, 1987

		A	B	
100m	2. P. Sparks	11.4	3. J. Davis	11.6
200m	2. J. Davis	23.6	2. C. Karageorghis	26.6
400m	2. D. Farralloy	54.5	3. M. Mahoney	55.7
800m	3. M. Laws	1.59.8	3. G. Spencer	2.04.1
1500m	4. M. Lawton	4.20.8	3. J. Phelan	4.23.5
5000m	4. K. Pike	15.54.3	2. P. Barrington-King	16.24.7
3000 S/C	4. K. Pike	10.27.6	4. S. Fitz-Costa	10.46.4
110H	3. S. Tolson	19.9	3. R. Ebbutt	20.0
400H	3. J. Khan-Panni	63.9	2. R. Ebbutt	64.5
HJ	2. S. Tolson	1.75	4. R. Ebbutt	1.50
LJ	2. C. Rankin	5.35	5. M. Gunnell	4.81
TJ	2. C. Rankin	12.47	2. N. Fratier	11.6
PV	3. J. Day	3.0	1. R. Ebbutt	2.60
Shot	5. C. Brand	8.20	4. S. Williams	7.48
Discus	5. C. Brand	23.36	5. M. Lewis	21.80
Javelin	4. C. Brand	37.02	4. J. Khan-Panni	32.94
Hammer	4. S. Williams	29.10	4. T. Walters	20.10
4 × 100	1. Blackheath	45.7		
4 × 400	4. Blackheath	3.39.6		

Match Result

1. Woodford Green 142; 2. Colchester 109; 3. East Grinstead 107;
4. Blackheath 99; 5. Verlea 80.

MATCH TWO

Burgford

23rd May, 1987

		A	B	
100m	2. J. Salmon	11.5	2. C. Karageorghis	11.7
200m	3. J. Salmon	24.2	1. P. Squires	23.9
400m	5. J. Salmon	59.8	2. P. Squires	53.3
800m	3. R. Coe	1.59.7	2. G. Spencer	1.59.5
1500m	1. M. Colpus	4.07.7	1. K. Daniel	4.11.3
5000m	4. P. Barrington-King	15.57.7	4. J. Phelan	16.33.2
3000 S/C	3. S. Fitz-Costa	10.20.5	2. R. Cliff	10.34.8
110H	2. N. Tolson	17.9	2. R. Ebbutt	19.6
400H	3. S. Manday	56.3	3. J. Khan-Panni	63.7
HJ	2. P. Brookes	1.75	1. N. Tolson	1.70
LJ	4. C. Karageorghis	5.87	4. C. Rankin	5.45
TJ	3. C. Rankin	12.32	3. N. Fratier	10.98
PV	2. J. Day	3.00	1. M. Allnatt	3.00
Shot	5. A. Elgy	9.20	4. P. Brookes	8.89
Discus	3. A. Elgy	30.30	2. C. Brand	27.62
Javelin	4. C. Brand	42.32	4. R. Coe	32.34
Hammer	4. S. Williams	25.98	3. T. Walters	25.44

Shot	4. C. Harvey	8.76	4. R. Ebbutt	7.76
Discus	5. C. Harvey	24.09	4. C. Brand	23.83
Javelin	3. C. Brand	41.28	2. R. Coe	38.76
Hammer	3. C. Harvey	29.10	1. C. Brand	24.08
4 x 100	2. Blackheath	46.7		
4 x 400	2. Blackheath	3.31.7		

Match Result

1. Southampton 140; 2. Blackheath 123; 3. Hastings 100; 4. Redhill and Reigate 87.5; 5. Barnet 85.5.

MATCH SIX

Aldershot

15th August, 1987

A		B		
100m	5. J. Davis	12.04	4. N. Tolson	12.10
200m	5. J. Khan-Panni	23.70	2. J. Davis	24.00
400m	5. P. Davies	58.30	4. G. Spencer	53.9
800m	3. R. Coe	1.59.40	4. K. Wheeler	2.05.2
1500m	3. P. Barlow	4.14.0	3. K. Daniel	4.15.0
5000m	2. J. Baldwin	15.48.0	2. D. Hassall	15.51.0
3000 S/C	4. L. Bulson	11.16.0	3. M. Green	11.42.0
110H	2. N. Tolson	17.20	3. R. Ebbutt	19.90
400H	2. J. Khan-Panni	59.40	3. R. Ebbutt	66.10
HJ	1. N. Tolson	1.86	3. N. Fratier	1.50
LJ	4. L. Galler	5.81	2. R. Coe	5.78
TJ	3. N. Fratier	n/d	3. R. Ebbutt	10.09
PV	2. J. Day	3.0	1. M. Allnatt	3.0
Shot	4. A. Elgy	8.95	4. K. Wheeler	6.14
Discus	3. A. Elgy	29.54	3. C. Brand	27.22
Javelin	3. C. Brand	43.34	4. R. Coe	33.16
Hammer	2. S. Williams	28.60	1. C. Brand	25.98
4 x 100	4. Blackheath	45.2		
4 x 400	5. Blackheath	3.42.0		

Match Result

1. Brentwood 137; 2. Aldershot 110; 3. Ashford 110; 4. Blackheath 105; 5. N. London 37.



Mike Davies. Heavy metal coach and Hon. Asst. Sec. Officials.



CLUB TRACK AND FIELD CHAMPIONSHIPS 1987

100 metres

Colts		Juniors — Heat 1	
1. N. Morgan	13.9	1. P. Byfield	11.4
2. L. Williams	14.2	2. R. Holt (Yth.)	11.5
3. C. Reynd	14.7	3. N. Fratier	12.0
4. S. Algeo	15.8	4. R. Charlwood	13.2

Boys — Heat 1

1. M. Pearson	13.5	1. C. Karageorghis	11.5
2. D. Stickle	13.7	2. D. Barlow	11.6
3. I. Reed	14.5	3. P. Squires	11.7
4. J. Groves	15.9		

Heat 2

Heat 2		Final	
1. S. Piggott	12.9	1. P. Byfield	11.1
2. M. Rudd	13.4	2. C. Karageorghis	11.4
3. D. Lewis	13.6	3. R. Holt (Yth.)	11.5
4. S. Olney	13.9	4. D. Barlow	11.8
5. S. Buggy	14.3	5. P. Squires	11.9
		6. N. Fratier	12.2

Final

1. S. Piggott	13.0
2. M. Pearson	13.3
3. S. Olney	13.6
4. M. Rudd	13.7
5. D. Stickle	13.9

Seniors — Heat 1

1. P. Davies	10.7	1. P. Sparks	10.9
2. P. Crowe	11.2	2. R. Bates	11.0
3. T. Llewelyn	11.4	3. N. Keogh	11.2
4. R. Pinson	11.9	4. P. Austridge	11.4
5. R. Lyston	12.0	5. R. Weaver	12.0
6. J. Robinson	13.2	6. S. Oxlade	12.3
		7. S. Davies	12.6

Heat 2

Final

1. P. Davies	10.5
2. P. Sparks	10.8
3. R. Bates	11.1
4. P. Crowe	11.3
5. N. Keogh	11.4
6. T. Llewelyn	11.6
7. P. Austridge	11.7

200 metres

Colts — Heat 1		Youths	
1. N. Morgan	29.1	1. R. Holt	23.8
2. R. Sedgewick	30.4	2. S. Powell	24.5
3. J. Jackson	31.6	3. M. Green	28.0
4. H. Anderson	33.0		

Heat 2

Heat 2		Juniors	
1. S. Tinnings	31.2	1. P. Squires	23.3
2. I. Saunders	32.3	2. V. Corless	23.4
3. G. Williamson	33.0	3. C. Karageorghis	23.6
4. A. Hutson	34.0	4. P. Byfield	23.8
5. N. Louth	34.8	5. M. Lobb	23.8
		6. M. Gunnell	25.0
		7. C. Longley	25.5

Final

Final		Seniors	
1. N. Morgan	29.2	1. R. Bates	22.6
2. R. Sedgewick	30.1	2. P. Austridge	23.5
3. S. Tinnings	31.0	3. P. Stack	24.2
4. J. Jackson	32.8	4. J. Kemp	24.8
5. I. Saunders	33.3	5. S. Davis	26.7

Boys — 'A' Race

1. L. Rogers	24.9	1. M. Leahy	29.9
2. J. Murray	26.5	2. S. Gasson	30.6
3. D. Stickle	28.6	3. T. Fryer	31.5
4. W. Jones	29.1	4. N. Cornish	32.3

'B' Race

400 metres

Colts — 'A' Race		Juniors	
1. N. Morgan	63.1	1. M. Lobb	50.9
2. R. Sedgewick	64.7	2. P. Byfield	52.9
3. L. Anderson	66.1	3. C. Karageorghis	53.5
4. M. Pearson	67.6	4. N. Fratier	55.2
		5. M. Gunnell	58.3
		6. R. Charlwood	59.6

'B' Race

1. M. Saunders	71.3	1. P. Davies	48.9
2. J. Albert	75.9	2. R. Bates	49.2
3. S. Algeo	76.8	3. P. Austridge	50.0
4. D. Piper	79.1	4. D. Galvin	50.5
		5. P. Crowe	51.1
		6. P. Squires	51.4

'C' Race

1. N. Lough	73.4	1. J. Kemp	53.5
2. P. Loney	75.7	2. P. Stack	54.4
3. J. Frost	79.5	3. M. Laws	54.4
4. J. Reed	80.9	4. S. Davis	57.4
		5. S. Parsons	58.4
		6. N. Colvin	60.4

Boys

1. J. Murray	57.3	1. S. Westron	54.3
2. G. Shea	63.0	2. M. Griffiths	54.5
3. M. Pearson	63.9	3. J. Lancaster	59.5
4. D. Stickles	64.7	4. O. Ijeoma	62.8
5. J. Groves	79.3		

800 metres

Colts		Seniors — 'A' Race	
1. R. Sedgewick	2.27.4	1. R. Bates	1.59.5
2. M. Morgan	2.30.7	2. G. Spencer	1.59.6
3. I. Saunders	2.44.3	3. J. Kemp	2.00.0
4. L. Williams (girl)	2.45.3	4. D. Farrelly	2.03.8
5. S. Algeo	2.47.0	5. G. Patterson	2.04.2
6. M. Leahy	2.47.8	6. K. Daniel	2.04.8
7. I. Ford	2.49.7	7. P. Byfield (J)	2.05.3
8. P. Loney	2.51.3	8. P. Squires (J)	2.12.6
9. D. Piper	3.01.4		
10. J. Bryan	3.06.5		
11. J. Reeves	3.11.5		

Juniors/Youths/Boys 'A' Race

1. K. Wheeler (J)	2.08.1	1. P. Barlow	2.06.2
2. J. Murray (B)	2.11.7	2. N. J. Davidson	2.08.4
3. J. White (J)	2.13.4	3. S. Parsons	2.09.5
4. R. Nunn (Y)	2.15.7	4. S. Fitz-Costa	2.10.6
5. A. Drapier (B)	2.16.1	5. M. Williams	2.13.1
6. S. Lethorn (Y)	2.19.4	6. R. Ebbutt	2.17.6
		7. J. Robinson	2.18.3
		8. P. Rissen	2.22.8
		9. M. Gasson	2.27.3
		10. J. Bailey	2.29.0
		11. W. Clapham	2.32.6

Boys 'B' Race

1. Parrish	2.24.2
2. Weatherstone	2.26.7
3. D. Stickles	2.28.5
4. S. Algeo	2.32.8
5. M. Pearson	2.39.9
6. I. Reed	2.46.9
7. J. Groves	2.59.2

One Mile

Colts		Seniors	
1. R. Sedgewick	5.34.6	1. M. Laws	4.26.6
2. N. Morgan	5.39.9	2. G. Spencer	4.29.7
3. I. Saunders	5.55.6	3. P. Calnan	4.30.3
4. N. Louth	6.00.5	4. P. Barlow	4.35.3
5. C. Foakes	6.11.8	5. P. Hamilton	4.36.1
6. S. Algeo	6.15.0	6. K. Daniel	4.37.5
7. T. Ford	6.25.1	7. D. Hassell	4.38.2
8. D. Pipe	6.27.5	8. J. Kemp	4.41.1
9. J. Bryan	7.40.1	9. J. Phelan	4.43.0
		10. M. Watling	5.07.8
		11. J. Lewis	5.08.0
		12. J. Robinson	5.08.5
		13. P. Rissen	5.23.4
		14. D. Whiting	5.30.4
		15. R. Green	5.58.5

Boys

1. A. Draper	5.01.0
2. A. Algeo	5.03.1
3. R. Weatherstone	5.15.6
4. M. Brown	5.30.1
5. G. Shea	5.45.5
6. B. Reed	5.49.0
7. I. Reed	5.53.0

Youths

1. R. Nunn	4.52.3
2. M. Green	5.13.8

Juniors

1. D. Williams	4.46.4
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Dave Ellison making it hurt. Either that or he doesn't like photographers.

3000 metres

Senior 'A' Race		'B' Race	
1. D. Taylor	8.51.3	1. R. Nunn (Y)	9.41.3
2. P. Calnan	8.54.3	2. G. Rigg (B)	9.45.5
3. M. Laws	9.01.9	3. A. Draper (B)	9.50.6
4. D. Hassall	9.07.5	4. M. Green (Y)	10.11.6
5. P. Betts	9.12.6	5. A. Algeo (B)	10.24.3
6. K. Daniel	9.15.0	6. A. Nana	10.41.6
7. P. Barlow	9.22.0	7. W. Clapham	10.43.0
8. P. Barrington-King	9.23.9	8. S. Agnew (B)	10.45.7
9. C. Woodcock	9.23.9	9. C. Leon	10.53.1
10. B. Mellish	9.26.5	10. J. Braughton	11.39.2
11. R. Cliff	9.30.5	11. B. Reed (B)	12.12.8
12. N. Colvin	9.37.9		
13. S. Fitz-Costa	9.42.5		
14. A. Bounds	9.51.1		
15. A. Cooper	9.52.7		
16. P. Shephard	10.27.1		

5,000 metres

'A' Race		'B' Race	
1. D. Taylor	14.49.1	1. G. Patterson	16.28.8
2. L. Roberts	15.21.9	2. G. White	16.31.8
3. S. Griffiths	15.28.4	3. P. Barrington-King	16.32.8
4. M. Laws	15.29.4	4. P. Barlow	16.38.9
5. P. Calnan	15.29.6	5. N. Colvin	16.47.2
6. D. Hassall	15.39.5	6. C. Woodcock	17.23.7
7. P. Hamilton	15.42.2	7. A. Bounds	17.31.3
8. P. Ward	15.49.0	8. J. Robinson	17.39.9
9. N. J. Davidson	16.19.8	9. J. Bailey	17.43.2
10. A. Cooper	16.22.1	10. P. Rissen	17.47.7
11. S. Ridgwell	16.25.9	11. P. Shephard	17.55.2
12. M. Athawes	16.41.7	12. M. Ludwig	18.02.4
13. S. Fitz-Costa	16.48.2	13. R. Morris	18.02.5
		14. M. Field	18.14.0
		15. W. Clapham	18.25.0
		16. D. Whiting	18.38.0
		17. R. Turney	18.52.0
		18. S. Parsons	18.54.0
		19. J. Darby	19.01.0
		20. A. Nana	19.01.0
		21. R. Green	20.16.0
		22. C. Leon	21.23.0



Barry Mellish, winner of the 1 hour run, leads Bruce Grant round Norman Park track.

10,000 metres			
Seniors			
1. G. Arthey	32.05.8	9. M. Cronin	34.58.0
2. P. Hamilton	32.32.1	10. B. O'Gorman	35.00.0
3. C. Woodcock	33.04.1	11. M. Athawes	35.14.0
4. P. Ward	33.22.4	12. S. Cluney	35.23.0
5. P. Barrington-King	33.23.4	13. D. White	35.58.0
6. B. Mellish	34.45.2	14. A. Bounds	36.15.0
7. R. Cliff	34.48.0	15. R. Turney	40.46.0
8. S. Ridgewell	34.52.0	16. A. Nana	42.50.0
Shot			
Colts		Seniors	
1. H. Anderson	6.90	1. S. Oxlade	10.65
2. J. Jackson	5.18	2. A. Elgy	9.86
3. N. Gasson	5.00	3. J. Wakeman	9.32
4. E. Clarke	4.11	4. R. Ebbutt	7.70
		5. M. Lewis	7.70
		6. J. Day	7.49
Boys		Pole Vault	
1. B. Andrews	8.92		
2. S. Gasson	7.78		
3. R. Dollman	5.75		
4. J. Groves	4.83		
5. N. Cornish	4.61		
Youths		Boys	
1. S. Powell	10.78	1. B. Andrews	2.60
2. S. Westron	8.71		
Juniors		Seniors	
1. A. Elgy	11.03	1. J. Wakeman	3.40
2. P. Squires	9.28	2. J. Day	3.00
3. C. Longley	9.17	3. R. Ebbutt	2.60
4. M. Lewis	8.23		
5. C. Karageorghis	8.15		
6. D. Barlow	7.85		

High Jump		Triple Jump	
Colts		Colts	
1. J. Jackson	1.23	1. M. Evans	9.78
2. R. Lister	1.15	2. H. Leishman	9.20
3. N. Morgan	1.15	3. C. Reynolds	7.84
4. R. Hutson (G)	1.10	4. R. Hutson	7.78
Boys		Boys	
1. B. Andrews	1.45	1. S. Pung	16.50
2. M. Chasserot	1.35	2. M. Rudd	10.39
3. M. Leahy	1.23	3. G. Shea	10.27
4. S. Gasson	1.20	4. S. Parish	9.62
5. T. Fryer	1.15	5. M. Chasserot	9.23
6. S. Olney	1.15	6. D. Lewis	9.20
7. N. Cornish	1.05	7. B. Reed	8.67
7. = N. Westwood	1.05	8. J. Groves	7.62
Youths		Juniors	
1. R. Holt	1.60	1. P. Byfield	12.93
		2. C. Karageorghis	11.52
		3. C. Longley	11.40
		4. M. Lobb	10.53
		5. O. Ijeoma	10.44
Juniors		Seniors	
1. S. Tolson	1.80	1. S. Oxlade	11.92
2. C. Karageorghis	1.55	2. R. Ebbutt	9.85
3. C. Longley	1.55	3. J. Day	8.66
4. N. Fratier	1.50		
Seniors			
1. R. Ebbutt	1.50		
2. M. Laws	1.30		
3. J. Day	1.25		
Javelin		Javelin — Open Competition	
Colts		Colts	
1. R. Hutson	19.70	1. M. Evans	19.34
2. M. Evans	19.26	2. R. Hutson	15.90
3. J. Jackson	18.86	3. J. Jackson	15.25
		4. N. Morgan	14.60
Boys		Youths	
1. S. Parish	22.08	1. T. Walter	34.68
2. M. Leahy	19.94		
Youths		Juniors	
1. S. Lethorn	23.74	1. C. Longley	43.68
		2. N. Fratier	28.16
		3. A. Elgy	25.65
Juniors		Senior	
1. C. Longley	46.02	1. C. Brand	34.78
2. A. Hodge	42.48	2. J. Wakeman	28.58
3. N. Fratier	36.52	3. G. Patterson	26.40
4. S. Tolson	30.78	4. K. Daniel	22.36
5. M. Gunnell	25.90		
Seniors			
1. J. Kitching	56.72		
2. S. Oxlade	47.66		
3. C. Longley (J)	40.30		
4. S. Tolson (J)	32.76		
5. M. Gunnell (J)	28.18		
6. R. Ebbutt	25.16		
7. K. Daniel	24.82		
8. J. Day	24.46		
Long Jump			
Colts		Juniors	
1. J. Jackson	4.06	1. C. Karageorghis	5.62
2. N. Morgan	4.04	2. C. Longley	5.47
3. R. Lister	3.83	3. S. Tolson	5.32
4. G. Messer	3.60	4. N. Fratier	5.18
5. R. Sedgewick	3.56	5. J. White	4.98
6. R. Hutson	3.42	6. M. Gunnell	4.70
7. I. Saunders	3.20		
8. N. Gasson	3.10		
9. N. Anderson	3.02		
10. T. Ford	2.92		

Boys		Seniors	
1. B. Andrews	4.57	1. S. Parsons	5.15
2. A. Draper	4.04	2. R. Ebbutt	4.80
3. M. Chasserot	3.99	3. P. Stack	4.68
4. T. Fryer	3.80	4. J. Wakeman	4.60
5. S. Gasson	3.67	5. J. Kemp	4.49
6. M. Westwood	3.43	6. C. Brand	4.43
7. N. Cornish	3.38	7. J. Day	4.20

Youths	
1. A. Rose	4.49

75m Hurdles		1500m Steeplechase	
Colts			
1. E. Clarke	14.5	1. R. Nunn (Y)	4.57.7
2. C. Reynolds	15.4	2. M. Green (Y)	5.41.4
3. S. Algeo	16.3		
4. G. Messer	16.4		
5. H. Anderson	16.6		

Boys		3000m Walk	
1. J. Gilchrist	14.0	1. P. Hannell	13.41.0
2. M. Chasserot	14.8		
3. B. Andrews	15.6		
4. W. James	16.9		

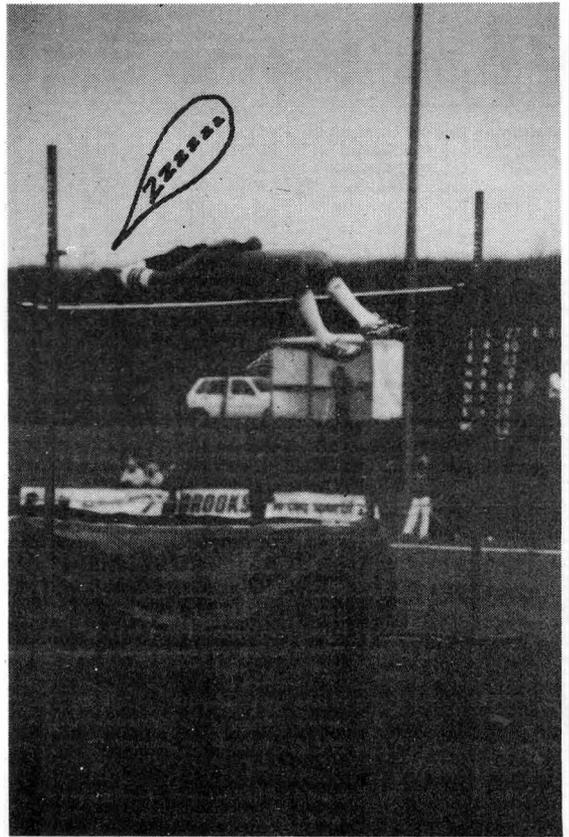
110m Hurdles		400m Hurdles	
1. S. Tolson	18.1	1. P. Crowe	63.7
2. R. Ebbutt	20.1	2. N. Fratier	65.1

ONE HOUR RUN

Norman Park

29th July, 1987

Name	Laps	Distance
1. B. Mellish	42 + 118m	16k 918m
2. P. Barrington-King	41 + 350m	16k 750m
3. A. Bounds	41 + 40m	16k 440m
4. S. Ridgwell	40 + 280m	16k 280m
5. S. Cluney	40 + 215m	16k 215m
6. N. Kinsey	39 + 15m	15k 615m
7. P. Rissen	38 + 47m	15k 247m
8. D. Flagg	36 —	14k 720m
9. R. Grigg	35 + 200m	14k 200m
10. J. Braughton	33 + 380m	13k 580m
11. D. Lawrie	33 + 112m	13k 312m



Warren Caswell relaxing as only he knows how.



PONSFORD TROPHY RESULT 1987

	Discus	LJ	Hammer	Shot	PV	Jav.	TJ	HJ	Points
1. R. Ebbutt	—	2	—	4	4	5	2	1	60
2. J. Day	6	7	5	6	3	7	3	3	58
3. J. Wakeman	3	4	4	3	2	—	—	—	49
4. S. Oxlade	—	—	—	1	—	2	1	—	35
5. A. Elgy	1	—	—	2	—	—	—	—	23
6. C. Longley	2	—	—	—	—	3	—	—	21
7. M. Lewis	5	—	—	5	—	—	—	—	16
8. = S. Parsons	—	1	—	—	—	—	—	—	12
D. Coleman	—	—	—	—	1	—	—	—	12
J. Kitchen	—	—	—	—	—	1	—	—	12
A. Paffett	—	—	1	—	—	—	—	—	12
12. = N. Haffenden	—	—	2	—	—	—	—	—	11
M. Laws	—	—	—	—	—	—	—	2	11
14. = N. Townsend	—	—	3	—	—	—	—	—	10
P. Stack	—	3	—	—	—	—	—	—	10
16. = S. Tolsen	—	—	—	—	—	4	—	—	9
P. Davies	4	—	—	—	—	—	—	—	9
18. J. Kemp	—	5	—	—	—	—	—	—	8
19. = C. Brand	—	6	—	—	—	—	—	—	7
K. Daniels	—	—	—	—	—	6	—	—	7

YOUNG ATHLETES 1987

Enfield

GIROBANK LEAGUE MATCH 1

3rd May, 1987

Colts

100m	2.	M. Bullard	14.5	1.	S. Richardson	14.8	
200m	2.	M. Bullard	28.7	1.	M. Evans	28.9	PB
800m	2.	L. Anderson	2.30.6	1.	N. Morgan	2.31.1	
1500m	1.	R. Sedgewick	5.04.9	P.B.	1.	L. Anderson	5.15.2
4 × 100m	2.	Blackheath	57.0	(N. Morgan, M. Evans, S. Richardson, M. Bullard)			

Boys

100m	1.	J. Quarry	12.3	1.	D. Mackie	12.4	
200m	1.	L. Rogers	23.8	PB	1.	D. Mackie	24.5
400m	1.	L. Rogers	56.2	1.	K. Chalker	61.8	PB
800m	1.	J. Murray	2.17.3	1.	R. Wallington	2.18.9	
1500m	3.	G. Riggs	4.37.9	2.	A. Algeo	4.55.1	
3000m	1.	A. Draper	10.04.4	PB	1.	R. Weatherstone	10.51.8
80mH	1.	A. Shaip	12.3	2.	J. Tullett	13.4	
PV	1. =	B. Andrews	2.30	2.	J. Tullett	1.70	PB
HJ	1.	J. Quarry	1.70	1.	D. Baker	1.55	PB
LJ	1.	R. Pearman	5.51	PB	1.	D. Baker	5.17
TJ	1.	J. Quarry	12.96	PB CR	1.	P. Ryan	10.96
SP	1.	J. Mulcahy	14.44	PB CR	1.	K. Chalker	10.56
DT	1.	J. Mulcahy	37.18	1.	P. Ryan	28.42	
JT	1.	R. Samuel	43.05	PB	1.	J. Mulcahy	38.90
HT	2.	P. Ryan	26.14	1.	B. Andrews	25.20	
4 × 100m	1.	Blackheath		(A. Groves, D. Mackie, R. Lashley, L. Rogers)			

Disqualified

4 × 400m 1. Blackheath 3.52.6 (J. Quarry 58.8, R. Wallington 58.3, K. Chalker 59.8, L. Rogers 55.7)

Youths

100m	3.	S. Westron	12.5	2.	A. Bailey	12.9	
200m	3.	R. Holt	23.7	3.	S. Westron	24.5	
400m	1.	J. Forrest	55.8	2.	A. Dahmani	58.0	
800m	1.	J. Forrest	2.06.6	1.	R. Holt	2.11.2	
1500m	4.	L. Bulson	4.31.8	2.	K. Barnett	4.45.1	
3000m	4.	R. Nunn	10.18.5	3.	M. Green	10.32.2	PB
1500m s/c	3.	K. Barnett	5.21.8	PB	2.	R. Nunn	5.22.0
100mH	3.	S. Rucker	15.6	2.	E. Blabey	18.0	PB
400mh	2.	J. James	60.3	2.	S. Rucker	62.6	PB
PV	3.	J. James	2.20	2.	M. Griffiths	2.02	PB
HJ	2.	M. Gunning	1.65	3.	M. Griffiths	1.45	
LJ	3.	T. Howard	5.39	3.	C. Wormalighton	5.03	
TJ	3.	M. Griffiths	11.20	3.	C. Jackson	11.00	
SP	2.	P. Monks	13.26	PB	1.	D. Meheux	11.52
DT	3.	D. Meheux	40.50	PB	1.	P. Monks	36.94
JT	4.	S. Rucker	42.00	PB	1.	J. Meheux	38.54
HT	2.	S. Gascoyne	37.14	C. Harvey		NT	
4 × 100m	1.	Blackheath	46.7	(A. Bailey, S. Powell, S. Westron, R. Holt)			
4 × 400m	1.	Blackheath	3.46.0	(J. Forrest 55.2, A. Dahmani 57.4, J. James 55.0, R. Holt 58.4)			

Match Result

1. BLACKHEATH 243½ 2. Enfield 237½ 3. Cambridge 134 4. Southend 94.

GIROBANK LEAGUE MATCH 2

Southend

24th May 1987

Colts

100m	2.	M. Evans	14.1	2.	M. Bullard	13.9	
200m	2.	M. Bullard	28.7	1.	S. Richardson	29.1	
800m	2.	R. Sedgewick	2.31.7	1.	N. Morgan	2.38.3	
1500m	2.	R. Sedgewick	5.06.1	3.	I. Saunders	5.24.2	
4 × 100m	2.	Blackheath	57.0	(N. Morgan, M. Evans, S. Richardson, M. Bullard)			

Boys

100m	2.	L. Rogers	11.9	PB	1.	D. Mackie	12.4
200m	1.	L. Rogers	24.8	1.	D. Mackie	24.4	
400m	2.	R. Pearman	58.5	3.	J. Brown	65.4	
800m	1.	J. Murray	2.20.0	1.	B. Andrews	2.22.0	
1500m	2.	G. Riggs	4.40.6	1.	D. Whitcombe	4.43.4	
3000m	3.	A. Draper	10.17.8	3.	N. Stocking	11.01.5	
80m H	1.	J. Tullett	13.3	1.	J. Gilchrist	13.2	
PV	1.	B. Andrews	2.60	1.	J. Tullett	1.70	
HJ	1. =	C. Daniel	1.55	1.	D. Baker	1.50	
LJ	1.	D. Baker	5.63	1.	R. Pearman	5.45	
TJ	2.	T. Bealey	11.43	1.	P. Ryan	11.26	
SP	1.	J. Mulcahy	14.41	1.	R. Samuel	12.00	
DT	1.	J. Mulcahy	41.56	1.	P. Ryan	26.16	

JT	1.	R. Samuel	42.22		1.	J. Mulcahy	36.66	
HT	1.	R. Samuel	31.92		PB	1.	P. Ryan	26.20
4 × 100m	1.	Blackheath	48.8					
4 × 400m	1.	Blackheath	3.57.0					

(C. Tappenden, D. Mackie, R. Lashley, L. Rogers)
(R. Pearman 59.2, G. Riggs 61.2, R. Lashley 57.9, J. Murray 58.7)

Youths

100m	3.	S. Westron	12.3		3.	S. Powell	12.3	
200m	2.	R. Holt	24.0		3.	S. Westron	24.9	
400m	1.	R. Holt	52.5		1.	J. Forrest	57.1	
800m	2.	J. Forrest	2.05.4		PB	3.	A. Dahmani	2.09.6
1500m	4.	L. Bulson	4.18.12		4.	B. Eldred	5.09.3	
3000m	3.	R. Nunn	10.06.5		3.	M. Green	10.36.2	
1500m S/C	4.	R. Nunn	5.17.0		4.	M. Green	5.49.1	
100m H	1.	S. Rucker	15.2		1.	L. Redgrave	15.5	
400m H	1.	J. James	60.1		2.	S. Rucker	63.6	
PV	1.	J. James	2.10			L. Redgrave	nc.	
HJ	3.	S. Field	1.55		2.	B. Essein	1.55	
LJ	3.	G. Harrison	5.53		1.	J. Morgan	5.45	
TJ	3.	S. Westron	11.23		1.	J. Forrest	11.03	
SP	1.	P. Monks	13.61		PB	1.	D. Meheux	11.38
DT	1.	P. Monks	40.44		1.	D. Meheux	38.10	
JT	1.	G. Harrison	51.48		PB CR	1.	J. Meheux	32.78
HT	1.	C. Harvey	40.74		PB	1.	T. Walter	40.04
4 × 100m	2.	Blackheath	48.2					
4 × 400m	1.	Blackheath	3.40.4					

(J. Lancaster, S. Westron, S. Powell, R. Holt)
(J. Forrest 56.4, A. Dahmani 58.5, J. James 53.4, R. Holt 52.1)

*J. Mulcahy — Man of the Match award

GIROBANK LEAGUE MATCH 3

Tooting Bec

7th June, 1987

100m	1.	M. Farrow	13.1		PB	2.	M. Evans	13.9
200m	1.	M. Farrow	27.0		PB	1.	M. Bullard	29.3
800m	1.	R. Sedgewick	2.27.8		1.	L. Anderson	2.33.0	
1500m	1.	L. Anderson	5.02.2		PB	2.	N. Morgan	5.15.5
4 × 100m	1.	Blackheath	54.7					

(N. Morgan, M. Evans, M. Bullard, M. Farrow)

Boys

100m	2.	D. Mackie	12.1		2.	A. Groves	12.6		
200m	2.	L. Rogers	24.2		1.	D. Mackie	25.0		
400m	1.	L. Rogers	55.4		1.	R. Pearman	56.0	PB	
800m	1.	J. Murray	2.10.6		PB	1.	B. Andrews	2.16.6	PB
1500m	1.	G. Riggs	4.28.4		PB	1.	D. Whitcombe	4.37.6	PB
3000m	1.	A. Draper	9.56.7		PB	1.	R. Weatherstone	10.10.2	PB
80m H	1.	J. Quarry	11.9		=PB	3.	J. Tullett	12.8	=PB
PV	2.	B. Andrews	2.70		PB		J. Tullett	N/c	
HJ	1.	J. Quarry	1.86		PB CR	1.	C. Daniel	1.55	
LJ	1.	D. Baker	5.63		1.	R. Pearman	5.13		
TJ	1.	J. Quarry	12.87		1.	T. Bealey	11.61		
SP	1.	J. Mulcahy	14.35		1.	R. Samuel	12.02		
DT	1.	J. Mulcahy	41.38		PB	1.	P. Ryan	33.12	PB
JT	1.	R. Samuel	42.94		PB	1.	J. Mulcahy	35.74	
HT	1.	R. Samuel	34.02		PB	1.	P. Ryan	30.24	PB
4 × 100m	1.	Blackheath	48.5						
4 × 400m	1.	Blackheath	3.49.9						

(T. Bealey, D. Mackie, A. Groves, L. Rogers)
(R. Pearman 56.7, J. Murray 58.4, J. Quarry 55.5, L. Rogers 59.3)

Youths

100m	2.	S. Westron	11.9		PB	2.	S. Powell	12.0	PB
200m	2.	R. Holt	23.4		PB	2.	S. Westron	24.3	PB
400m	2.	R. Holt	51.2		PB	1.	J. Forrest	55.4	
800m	4.	L. Bulson	2.06.4		PB	2.	A. Dahmani	2.07.7	PB
1500m	1.	L. Bulson	4.16.9		PB	3.	K. Barnett	4.38.6	PB
3000m	2.	R. Nunn	9.33.8		PB	3.	D. Brown (B)	10.13.2	PB
1500m S/C	4.	R. Nunn	5.05.5		2.	K. Barnett	5.14.9		
100m H	3.	M. Williams	15.9		1.	L. Redgrave	16.2		
400m H	1.	J. James	57.4		PB	1.	J. Forrest	60.3	PB
PV	3.	J. James	2.70		PB		M. Griffiths	N/c	
HJ	2.	S. Jones	1.75		=PB	2.	S. Field	1.50	
LJ	3.	T. Howard	5.70		3.	G. Harrison	5.31		
TJ	2.	M. Griffiths	12.38		PB	1.	M. Williams	11.58	
SP	1.	P. Monks	13.57		2.	D. Meheux	12.61	PB	
DT	1.	D. Meheux	40.06		1.	P. Monks	38.14		
JT	2.	G. Harrison	51.22		1.	J. Meheux	39.32	PB	
HT	1.	C. Harvey	43.38		PB	1.	T. Walters	36.46	
4 × 100m	1.	Blackheath	45.4						
4 × 400m	1.	Blackheath							

(M. Griffiths, S. Powell, S. Westron, R. Holt)
(J. Forrest 54.2, A. Dahmani 55.0, J. James 52.9, R. Holt 50.4)

Match Result

1. BLACKHEATH 262; 2. Croydon 195; 3. Crawley 152; 4. Woodford 144.

GIROBANK LEAGUE MATCH 4

Newham

28th June, 1987

Colts								
100m	1.	M. Farrow	13.2	2.	M. Evans	13.9		
200m	1.	M. Farrow	27.1	2.	B. Hasset	29.9		
800m	1.	R. Sedgewick	2.25.0	PB	1.	L. Anderson	2.27.6	
1500m	1.	L. Anderson	4.54.0	PB	2.	M. Morgan	5.06.4	PB
4 × 100m	1.	Blackheath	53.6	(N. Morgan, M. Evans, B. Hasset, M. Farrow)				
Boys								
100m	2.	D. Mackie	12.4	2.	A. Groves	12.7		
200m	2.	D. Mackie	25.1	2.	A. Groves	26.0		
400m	1.	R. Pearman	54.2	2.	J. Vaughan	56.4		
800m	1.	J. Murray	2.10.9	1.	B. Eldred	2.14.8	PB	
1500m	3.	D. Whitcombe	4.40.3	2.	A. Algeo	4.46.8		
3000m	1.	A. Draper	9.48.5	PB	1.	R. Weatherstone	10.17.6	
80m H	2.	A. Sharp	12.5	1.	J. Tullett	13.2		
PV	3.	J. Tullett	1.50		B. Andrews	n/c		
HJ	2.	D. Baker	1.55	2.	B. Andrews	1.50		
LJ	1.	D. Baker	5.72	1.	R. Pearman	5.37		
TJ	1.	T. Bealey	11.95	PB	1.	P. Ryan	11.72	
SP	1.	J. Mulcahy	14.76	1.	R. Samuel	13.22	PB	
DT	1.	J. Mulcahy	43.58	PB CR	1.	P. Ryan	31.66	
JT	1.	R. Samuel	47.08		J. Mulcahy	n/t		
HT	2.	R. Samuel	31.90	1.	P. Ryan	28.54		
4 × 100m	2.	Blackheath	47.9	(A. Sharp, J. Vaughan, A. Groves, D. Mackie)				
4 × 400m	1.	Blackheath	3.44.8	(J. Vaughan 57.9, B. Eldred 56.3, J. Murray 56.9, R. Pearman 53.7)				
Youths								
100m	1.	M. Griffiths	11.9	1.	S. Westron	12.6		
200m	2.	R. Holt	24.2	1.	S. Westron	25.0		
400m	2.	R. Holt	50.6	1.	J. Forrest	54.8		
800m	2.	L. Bulson	2.06.3	PB	1.	N. Parker	2.07.2	PB
1500m	2.	L. Bulson	4.22.7	2.	G. Riggs	4.31.8		
3000m	1.	R. Nunn	9.49.7	2.	M. Green	10.25.5	PB	
1500m S/C	4.	R. Nunn	5.04.5	1.	G. Riggs	5.06.1	PB	
100m H	1.	S. Rucker	15.5	1.	E. Blabey	15.6		
400m H	2.	J. Forrest	59.3	PB	1.	S. Rucker	62.8	
PV	2.	M. Griffiths	1.50	2.	J. Forrest	1.50	PB	
HJ	1.	M. Gunning	1.83	PB	1.	S. Jones	1.75	=PB
LJ	2.	L. Gallier	6.15	PB	1.	T. Howard	5.74	
TJ	3.	M. Williams	12.25	PB	2.	M. Griffiths	12.14	
SP	1.	D. Meheux	11.26	1.	S. Gascoyne	10.95		
DT	2.	D. Meheux	37.90	1.	S. Gascoyne	33.84		
JT	1.	G. Harrison	47.50	2.	S. Rucker	36.74		
HT	2.	C. Harvey	43.42	PB	1.	T. Walter	40.95	PB
4 × 100m	2.	Blackheath	45.8	(J. Lancaster, S. Powell, S. Westron, R. Holt)				
4 × 400m	1.	Blackheath	3.32.1	(M. Griffiths 53.3, J. Forrest 52.3, S. Powell 55.2, R. Holt 51.3)				

Match Result

1. BLACKHEATH 263 2. NEWHAM & EB 195 3. Brighton 171 4. Medway 143

GIROBANK LEAGUE MATCH 5

Norman Park

26th July, 1987

Colts								
100m	1.	M. Farrow	13.1	1.	M. Evans	13.7		
200m	1.	M. Farrow	26.7	1.	S. Foster	28.3		
800m	3.	L. Anderson	2.26.0	2.	P. Burch	2.32.7	PB	
1500m	1.	L. Anderson	4.50.7	PB	1.	P. Burch	4.53.8	PB
4 × 100m	1.	Blackheath	52.8	(B. Hasset, M. Evans, M. Bullard, M. Farrow)				
Disqualified								
Boys								
100m	1.	W. Chambers	11.9	1.	D. Mackie	12.3		
200m	1.	W. Chambers	24.6	1.	D. Mackie	24.2		
400m	1.	R. Pearman	55.8	1.	B. Gardner	56.7		
800m	1.	J. Murray	2.10.8	1.	B. Eldred	2.18.7		
1500m	1.	G. Riggs	4.25.4	1.	J. Murray	4.38.5		
3000m	1.	A. Draper	9.47.4	PB	1.	A. Algeo	10.10.2	
80m H	1.	J. Quarry	11.8	1.	J. Tullett	12.5	PB	
PV	1.	B. Andrews	2.40	1.	J. Gilchrist	2.20	PB	
HJ	1.	J. Quarry	1.84	1.	M. Staples	1.65		
LJ	1.	W. Chambers	5.69	=LR	1.	R. Pearman	5.49	
TJ	1.	J. Quarry	13.77	1.	M. Staples	10.85		
SP	1.	J. Mulcahy	14.79	1.	R. Samuel	13.37	PB	
DT	2.	J. Mulcahy	39.94	1.	P. Ryan	35.34	PB	
JT	1.	R. Samuel	41.04	1.	J. Mulcahy	37.80		
HT	1.	R. Samuel	33.46	1.	P. Ryan	30.66		
4 × 100m	1.	Blackheath	47.9	(B. Gardner, D. Mackie, A. Groves, W. Chambers)				
4 × 400m	1.	Blackheath	3.54.4	(B. Gardner 62.8, B. Eldred 57.8, J. Quarry 56.3, R. Pearman 57.5)				

				Youths				
100m	1.	S. Westron	11.7	=PB	2.	J. Lancaster	12.1	=PB
200m	1.	R. Holt	23.8		1.	S. Westron	23.7	PB
400m	3.	J. Forrest	55.4		1.	S. Powell	55.3	
800m	1.	R. Holt	2:03.5		2.	S. Parker	2:17.1	
1500m	2.	M. MacMahon	4:26.3	PB	1.	S. Parker	4:32.3	PB
3000m	2.	R. Nunn	9:44.0		2.	M. Green	10:22.9	
1500m S/C	2.	R. Nunn	5:07.2		1.	D. Whitcombe	5:15.6	PB
100m H	1.	M. Williams	15.5		1.	E. Blabey	15.4	
400m H	1.	J. Forrest	62.2		1.	J. James	61.3	
PV	2.	J. James	2:10			J. Lancaster	n/c	
HJ	2.	S. Gall	1:80		3.	C. Daniel	1:55	
LJ	1.	L. Galler	5:88		1.	T. Howard	5:64	
TJ	4.	M. Williams	11:71		1.	L. Galler	11:29	PB
SP	1.	P. Monks	13:61		2.	S. Powell	10:92	
DT	2.	P. Monks	32:94		1.	C. Harvey	30:84	
JT	1.	G. Harrison	51:44		2.	J. James	40:40	PB
HT	1.	T. Walter	44:00		1.	C. Harvey	40:50	
4 x 100m	1.	Blackheath	47.5	(J. Lancaster, S. Westron, S. Powell, R. Holt)				
4 x 400m	2.	Blackheath	3:38.0	(S. Powell 53.9, J. Forrest 55.7, S. Westron 57.6, R. Holt 50.8)				

Match Results

1. BLACKHEATH 277 2. Mitcham and Sutton 165 3. Tonbridge 153 4. Walthamstow 96

Final League Table

Position	Club	Match points	League points
1	Blackheath	1294½	20
2	Enfield	1250½	19
3	GEC Avionics	1111½	18

GIROBANK LEAGUE FINAL 1987

Alexander Stadium, Birmingham

6th September, 1987

Colts

100m	6.	M. Farrow	13.8		2.	M. Evans	14.0	
200m	3.	M. Farrow	26.7	=PB	2.	S. Foster	27.8	PB
800m	2.	R. Sedgewick	2:22.0	PB	6.	L. Anderson	2:30.2	
1500m	3.	L. Anderson	4:53.1		2.	P. Burch	4:59.4	
4 x 100m	2.	Blackheath	53.4	(S. Foster, M. Evans, M. Bullard, M. Farrow)				

Boys

100m	5.	W. Chambers	12.5		4.	D. Mackie	12.5	
200m	5.	D. Mackie	24.8		4.	W. Chambers	25.6	
400m	1.	L. Rogers	54.4		2.	R. Pearman	55.5	
800m	5.	J. Murray	2:10.9		4.	B. Eldred	2:12.3	
1500m	4.	G. Riggs	4:29.9		3.	A. Algeo	4:38.7	
3000m	3.	A. Draper	9:42.4	PB	5.	R. Weatherstone	10:17.5	
80m H	2.	J. Quarry	11.9		1.	J. Tullett	12.4	PB
PV	5.	J. Gilchrist	2:20	=PB		B. Andrews	n/c	
HJ	1.	J. Quarry	1:80		2.	M. Staples	1:55	
LJ	1.	D. Baker	6:16	PB	2.	W. Chambers	5:43	
TJ	1.	J. Quarry	13:32		1.	M. Staples	12:50	PB
SP	1.	J. Mulcahy	15:19	PB CR	1.	R. Samuel	11:28	
DT	1.	J. Mulcahy	40:18		2.	P. Ryan	29:62	
JT	1.	R. Samuel	37:38		2.	P. Ryan	35:90	
HT	7.	P. Ryan	24:58			R. Samuel	n/t	
4 x 100m	3.	Blackheath	48.3	(R. Lashley, W. Chambers, D. Mackie, L. Rogers)				
4 x 400m	1.	Blackheath	3:43.6	(B. Gardner 55.7, R. Pearman 56.8, J. Quarry 56.5, L. Rogers 54.6)				

Youths

100m	8.	S. Westron	12.4		5.	M. Griffiths	12.1	
200m	7.	S. Westron	24.7		7.	S. Powell	24.9	
400m	2.	R. Holt	51.8		4.	S. Westron	54.4	
800m	8.	S. Parker	2:06.6	PB	7.	A. Dahmani	2:06.3	PB
1500m	8.	L. Bulson	4:19.6		7.	M. MacMahon	4:31.9	
3000m	7.	R. Nunn	9:38.3	PB	8.	M. Green	10:08.6	PB
1500m S/C	7.	L. Bulson	4:58.0	PB	7.	R. Nunn	5:06.7	
100m H	6.	S. Rucker	15.4		6.	M. Williams	15.8	
400m H	3.	J. James	58.3		4.	J. Forest	59.4	PB
PV	7.	J. Lancaster	2:20	=PB		J. James	n/c	
HJ	5.	S. Gall	1:75		2.	M. Gunning	1:70	
LJ	5.	L. Galler	6:08		5.	T. Howard	5:57	
TJ	8.	M. Griffiths	11:82		7.	M. Williams	11:51	
SP	4.	P. Monks	12:35		4.	D. Meheux	11:16	
DT	5.	D. Meheux	34:22		1.	P. Monks	33:04	
JT	3.	G. Harrison	49:18		5.	J. Meheux	39:24	
HT	5.	C. Harvey	42:58		4.	T. Walter	36:03	
4 x 100m	8.	Blackheath	49.5	(S. Westron, S. Powell, M. Griffiths, R. Holt)				
4 x 400m	5.	Blackheath	3:39.2	(M. Griffiths 56.4, S. Powell 57.0, J. James 53.8, R. Holt 52.0)				

Match Result

1. Shaftesbury Barnet Harriers 389; 2. Blackheath Harriers 366; 3. Borough of Enfield Harriers 356½; 4. Birchfield Harriers 355;
 5. Wolverhampton & Bilston A.C. 340½; 6. Middlesborough & Cleveland H. 332½; 7. Liverpool Harriers 325; 8. Old Gaytonians 269½.

BOYS AND COLTS LEAGUE OF KENT, DIVISION 1 MATCH 1

Norman Park

10th May, 1987

				Colts			
100m	2.	M. Evans	13.7	PB	2.	S. Ord-Hume	14.2
200m	3.	S. Richardson	29.2		2.	M. Evans	29.5
400m	3.	M. Lindahl	70.0		2.	S. Ord-Hume	69.8
800m	1.	R. Sedgewick	2.28.1	PB	3.	J. Jackson	2.52.5
1500m	4.	S. Algeo	5.47.8			R. Sedgewick	dnf
80mH	2.	M. Lindahl	16.0	PB	3.	J. Burdett	16.2
HJ	3.	S. Richardson	1.25		2.	S. Ord-Hume	1.15
LJ	2.	M. Lindahl	4.03		2.	J. Burdett	3.61
SP	1.	M. Kelly	7.16		1.	H. Leishman	7.14
4 x 100m	2.	Blackheath	57.1	(S. Ord-Hume, M. Evans, S. Richardson, J. Jackson)			
4 x 400m	3.	Blackheath	4.56.5	(J. Burdett 73.6, M. Lindahl 77.7, S. Richardson 73.2, M. Evans 72.0)			

				Boys			
100m	2.	D. Mackie	12.0	PB	1.	A. Groves	12.3
200m	2.	D. Mackie	24.4	PB	1.	A. Groves	25.2
400m	1.	L. Rogers	54.9		2.	J. Staples	59.2
800m	1.	J. Murray	2.13.0	PB	1.	R. Wallington	2.19.4
1500m	2.	G. Riggs	4.41.6		1.	J. Murray	4.47.8
3000m	3.	G. Riggs	10.15.2		2.	R. Weatherstone	10.26.7
80mH	1.	J. Quarry	11.9	PB = CR LR	1.	J. Tullett	13.2
HJ	1.	J. Quarry	1.78		1.	D. Baker	1.60
LJ	1.	D. Baker	5.71	PB	1.	R. Pearman	5.48
TJ	1.	J. Quarry	12.41		1.	P. Ryan	11.51
SP	1.	J. Mulcahy	14.58	PB CR	1.	R. Samuel	11.63
DT	1.	J. Mulcahy	35.78		1.	P. Ryan	28.54
JT	1.	R. Samuel	47.48	PB	1.	J. Mulcahy	36.08
4 x 100m	1.	Blackheath	48.2	(A Groves, D. Mackie, J. Brown, L. Rogers)			
4 x 400m	1.	Blackheath	3.47.5	(R. Pearman 57.5, R. Wallington 56.3, J. Quarry 56.9, L. Rogers 56.8)			

Match Result

Colts	1. BLACKHEATH	147	2. Medway	140	3. Dartford	126
Boys	1. BLACKHEATH	266	2. GEC Avionics	184	3. Dartford	159
O'all	1. BLACKHEATH	413	2. GEC Avionics	304	3. Dartford	285

BOYS AND COLTS LEAGUE OF KENT, DIVISION 1 MATCH 2

Dartford

31st May, 1987

				Colts			
100m	2.	M. Evans	13.7	=PB	1.	S. Richardson	14.0
200m	1.	M. Bullard	29.1		2.	S. Richardson	29.6
400m	3.	M. Bullard	64.6	PB	3.	N. Morgan	69.4
800m	1.	R. Sedgewick	2.26.0		1.	N. Morgan	2.31.9
1500m	5.	R. Sedgewick	5.11.5		3.	I. Saunders	5.28.5
80m H	2.	J. Burdett	15.6	PB	1.	M. Evans	15.3
HJ	2.	S. Richardson	1.36	PB	1.	S. Foster	1.36
LJ	1.	S. Foster	4.48	PB	1.	J. Burdett	3.97
SP	1.	M. Kelly	8.47	PB	1.	S. Foster	7.38
4 x 100m	1.	Blackheath	56.0	(J. Jackson, M. Evans, S. Richardson, M. Bullard)			
4 x 400m	2.	Blackheath	4.23.4	(M. Bullard 67.5, N. Morgan 64.0, M. Evans 66.9, R. Sedgewick 65.0)			

				Boys			
100m	2.	L. Rogers	11.9	=PB	1.	J. Quarry	12.5
200m	2.	J. Quarry	24.9	PB	1.	C. Tappenden	26.1
400m	1.	R. Wallington	57.1		1.	R. Lashley	58.9
800m	1.	J. Murray	2.16.8		1.	J. Staples	2.29.1
1500m	1.	G. Riggs	4.29.3		1.	A. Draper	4.40.1
3000m	2.	B. Andrews	10.02.3	PB	1.	R. Weatherstone	10.10.9
80m H	4.	J. Tullett	disq.		1.	J. Gilchrist	14.7
HJ	1.	J. Quarry	1.83	LR	1.	C. Daniel	1.63
LJ	1.	D. Baker	5.88	PB LR CR	1.	R. Pearman	5.74
TJ	1.	T. Bealey	11.48		1.	P. Ryan	11.26
SP	1.	J. Mulcahy	14.34		1.	R. Samuel	12.88
DT	1.	J. Mulcahy	39.88		1.	P. Ryan	29.90
JT	1.	R. Samuel	43.16			J. Mulcahy	nt.
4 x 100m	1.	Blackheath	48.6	(C. Tappenden, J. Quarry, R. Lashley, L. Rogers)			
4 x 400m	1.	Blackheath	3.49.8	(R. Pearman 57.1, L. Rogers 54.8, J. Staples 61.7, R. Wallington 56.2)			

Match Result

Colts	1. BLACKHEATH	175	2. GEC Avionics	130	3. Medway	130
Boys	1. BLACKHEATH	258	2. GEC Avionics	202	3. Medway	138
O'all	1. BLACKHEATH	433	2. GEC Avionics	332	3. Medway	268

BOYS AND COLTS LEAGUE OF KENT, DIVISION 1 MATCH 3

Erith

5th July, 1987

				Colts			
100m	1.	M. Farrow	13.2	3.	M. Evans	14.3	
200m	1.	M. Farrow	27.3	2.	B. Hassett	29.9	
400m	2.	A. Brackley	62.9	3.	J. Boswell	68.2	
800m	1.	R. Sedgewick	2.30.5	1.	N. Morgan	2.33.7	
1500m	1.	R. Sedgewick	5.02.6	2.	I. Saunders	5.25.6	
80m H	1.	M. Evans	14.8	1.	S. Foster	15.6	
HJ	4.	S. Richardson	1.25	4.	S. Foster	1.10	
LJ	2.	S. Foster	4.22	1.	G. Samuels	3.87	
SP	3.	M. Kelly	8.27	1.	H. Leisham	7.70	
4 x 100m	2.	Blackheath	55.4	(J. Jackson, M. Evans, B. Hassett, M. Farrow)			
4 x 400m	2.	Blackheath	4.29.2	(J. Boswell 70.4, R. Sedgewick 66.6, N. Morgan 67.0, A. Brackley 65.2)			

				Boys			
100m	2.	D. Mackie	12.3	1.	J. Quarry	12.6	
200m	2.	L. Rogers	24.6	1.	D. Mackie	25.0	
400m	1.	R. Pearman	58.5	1.	N. Durham	60.7	
800m	2.	B. Eldred	2.15.5	1.	D. Whitcombe	2.19.6	
1500m	1.	J. Murray	4.35.1	PB	1.	A. Draper	4.42.1
3000m	1.	G. Riggs	9.52.9	1.	A. Algeo	10.17.1	
80m H	2.	J. Tullett	12.9	1.	J. Gilchrist	13.5	
HJ	2.	C. Daniels	1.55	1.	D. Baker	1.45	
LJ	1.	J. Quarry	5.79	2.	D. Baker	4.69	
TJ	1.	J. Quarry	12.42	1.	P. Ryan	11.18	
SP	1.	J. Mulcahy	15.04	1.	R. Samuel	12.85	
DT	1.	J. Mulcahy	42.42	1.	P. Ryan	32.96	
JT	1.	R. Samuel	43.00	2.	J. Mulcahy	32.84	
4 x 100m	1.	Blackheath	49.0	(J. Quarry, R. Pearman, D. Baker, D. Mackie)			
4 x 400m	1.	Blackheath	3.59.8	(J. Murray 60.4, J. Staples 60.7, B. Eldred 58.8, R. Pearman 59.9)			

Match Result									
Colts	1.	BLACKHEATH	169	2.	Medway	151	3.	GEC Avionics	116
Boys	1.	BLACKHEATH	270	2.	GEC Avionics	178	3.	Medway	166
O'all	1.	BLACKHEATH	439	2.	Medway	317	3.	GEC Avionics	294

BOYS AND COLTS LEAGUE OF KENT, DIVISION 1 MATCH 4

Dartford

19th July, 1987

				Colts				
100m	1.	M. Farrow	12.7	PB	1.	M. Evans	13.7	PB
200m	1.	M. Farrow	26.8	PB	4.	B. Hassett	29.3	
400m	2.	A. Brackley	64.7	4.	J. Boswell	72.5		
800m	2.	L. Anderson	2.23.6	PB	3.	I. Saunders	2.37.4	PB
1500m	3.	L. Anderson	4.58.6	1.	P. Burch	4.59.8	PB	
80m H	1.	M. Evans	14.2	PB	6.	J. Jackson	17.6	
HJ	4.	S. Ord-Hume	1.25	PB	5.	J. Jackson	1.15	
LJ	4.	G. Samuels	4.17	3. =	J. Baldwin	3.93		
SP	3.	M. Farrow	8.05	PB	1.	M. Kelly	7.81	
4 x 100m	2.	Blackheath	Disqualified	(J. Jackson, B. Hassett, M. Evans, M. Farrow)				
4 x 400m	3.	Blackheath	3.53.6	(S. Ord-Hume 70.1, L. Anderson 69.2, J. Boswell 74.8, B. Hassett 68.4)				

				Boys				
100m	2.	W. Chambers	11.9	1.	A. Groves	12.3		
200m	2.	D. Mackie	24.6	1.	W. Chambers	24.2	PB	
400m	2.	R. Pearman	56.7	1.	J. Murray	56.5		
800m	2.	G. Riggs	2.12.0	PB	1.	B. Andrews	2.13.3	PB
1500m	2.	A. Draper	4.32.8	PB	1.	A. Algeo	4.37.3	PB
3000m	3.	G. Riggs	9.39.7	PB		R. Weatherstone	dnf.	
80m H	2.	J. Tullett	12.7	PB	1.	J. Gilchrist	12.9	
HJ	2.	C. Daniel	1.65	=PB	1.	D. Baker	1.50	
LJ	1.	D. Baker	5.74	1.	R. Pearman	5.34		
TJ	2.	P. Ryan	11.87	1.	M. Staples	11.39	PB	
SP	1.	J. Mulcahy	14.40	1.	R. Samuel	12.40		
DT	1.	J. Mulcahy	39.98	1.	R. Samuel	31.44		
JT	1.	R. Samuel	39.74	1.	P. Ryan	37.26	PB	
4 x 100m	1.	Blackheath	Disqualified	(A. Groves, D. Baker, B. Gardner, W. Chambers)				
4 x 400m	1.	Blackheath	4.42.5	(J. Murray 59.1, D. Baker 57.2, B. Andrews 59.3, R. Pearman 58.0)				

Match Result									
Colts	1.	Dartford	146	2.	Medway	145	3.	BLACKHEATH	132½
Boys	1.	BLACKHEATH	246	2.	Dartford	191	3.	GEC Avionics	159
O'all	1.	BLACKHEATH	378½	2.	Dartford	337	3.	Medway	286

FINAL LEAGUE TABLES

Colts			Boys			Overall		
1 BLACKHEATH	623½	22	1 BLACKHEATH	1040	24	1 BLACKHEATH	1663½	24
2 Medway	566	19½	2 GEC Avionics	723	19	2 GEC Avionics	1199	17
3 Dartford	479	15½	3 Dartford	649	16	3 Medway	1149	16
4 GEC Avionics	476	14½	4 Medway	583	11	4 Dartford	1128	15
5 Bexley	393½	8½	5 Bexley	549	10	5 Bexley	942½	8
6 Cambridge	220	4	6 Cambridge	246	4	6 Cambridge	466	4

KENT COUNTY A.A.A. CHAMPIONSHIPS

KENT COUNTY A.A.A. BOYS AND COLTS CHAMPIONSHIPS

Crystal Palace

16-17th May 1987

		Boys			
HT	J. R. Samuel	30.07		PB	
		Youths			
200m	8. S. Powell	24.8 (ht.25.1)			
400m	2. J. Forrest	53.2 (ht.55.0)			
	5. A. Dahmani	55.5 (ht.55.9 PB)		PB	
1500m	3. L. Bulson	4.17.7 (ht.4.18.9 PB)		PB	
1500m S/C	6. R. Nunn	5.09.5			
	8. K. Barnett	5.14.6		PB	
400m H	1. J. James	57.6			
100m H	3. E. Blabey	15.6		PB	
HJ	3. S. Jones	1.75			
LJ	8. S. Westron	5.28			
	C. Wormleighton	5.21			
DT	4. S. Gascoyne	38.85			
	5. P. Monks	38.82			
JT	1. G. Harrison	47.68		PB	
HT	2. C. Harvey	38.76			
	3. T. Walter	35.82			
	5. S. Gascoyne	28.60			
		Juniors			
100m	1. M. Williams	11.4 (ht.11.5)			
	6. C. Karageorghis	11.8 (ht.11.9)		PB	
200m	1. M. Williams	22.4 (ht.22.4 PB)		=PB	
400m	2. A. Hodge	50.4 (ht.51.2)		PB	
	3. M. Lobb	50.8 (ht.51.4 PB)		PB	
	7. T. Fox	52.4 (ht.51.8 PB)			
1500m	7. M. Lawton	4.07.4 (ht.4.09.9 PB)		PB	
2000m S/C	2. D. Williams	6.45.9		PB	
400m H	3. M. Lobb	59.1		PB	
PV	1. D. Coleman	4.00		PB CBP	
HJ	1. A. Hodge	2.00			
	2. S. Tolson	1.80			
LJ	5. C. Karageorghis	5.54			
	7. M. Gunnell	4.25			
SP	4. A. Elgy	10.21			
	7. M. Lewis	8.07			
DT	3. A. Elgy	38.10		PB	
	5. M. Lewis	25.15			
JT	4. C. Longley	42.98		PB	
HT	1. N. Haffenden	51.56		PB CR	
	2. A. Paffett	46.08			

Medal Summary

Youths: 3 Gold, 2 Silver, 4 Bronze, 3 Finalists.
Juniors: 5 Gold, 4 Silver, 3 Bronze, 3 Finalists.

NATIONAL SCHOOLS U15 DECATHLON CHAMPIONSHIPS

Birmingham

27th and 28th June, 1987

In winning the championship, Jamie Quarry beat the old CBP total by 500 points and was a clear winner by 1000 points hence fuelling the rumour in high circles that perhaps Woodford's David Bigham may just have a rival in Jamie in being what the media describe as the next Daley Thompson. A clearly outstanding performer and by far the most exciting prospect Blackheath can have had for many a year.

00m	12.00	PB	LJ	6.27	PB CR
00m	55.4		PV	n/c	
P	13.03	PB	JT	41.04	PB
500m	4.47.8	PB	DT	29.10	
0m H.	12.00		HJ	1.80	
Total points 5,459.					

Dartford

25th May, 1987

		Colts			
100m	2. M. Bullard	13.9 (ht. 14.0, semi-f 13.9 =PB)		PB	
	J. Jackson	14.9 semi-f (ht. 15.0)			
200m	2. M. Bullard	28.6 (ht.29.1)		PB	
800m	1. R. Sedgewick	2.25.5 (ht.2.39.4)		PB	
LJ	7. J. Jackson	3.80		PB	
SP	3. S. Gilmore	6.48		PB	
		Boys			
100m	2. D. Mackie	11.9 (ht.12.9, semi-f 12.0)		PB	
	M. Horwath	13.1 semi-f (ht.13.0)			
	R. Lashley	13.1 semi-f (ht.13.0)			
200m	3. D. Mackie	24.5 (ht.26.1, semi-f 25.2)			
	R. Lashley	25.9 semi-f (ht.26.2)		PB	
400m	1. L. Rogers	54.1 (ht.57.7)			
	3. R. Wallington	55.8 (ht.57.1)		PB	
800m	2. J. Murray	2.12.9 (ht.2.16.9)		PB	
	4. B. Eldred	2.16.1 (ht.2.18.9)		PB	
1500m	3. G. Riggs	4.29.9 (ht.4.46.6)		PB	
	6. A. Draper	4.39.4 (ht.4.47.0)		PB	
80m H	1. A. Sharp	12.2			
	2. J. Tullett	12.8		PB	
HJ	2. B. Essein	1.55			
	4. M. Horwath	1.50			
LJ	2. R. Pearman	5.61		PB	
	12. S. Olney	4.20			
SP	1. J. Mulcahy	15.12		PB CR CBP*	
	2. R. Samuel	12.49		PB	
	5. P. Ryan	11.51			
	8. D. Saint	7.78			
DT	1. J. Mulcahy	42.08		PB CBP	
	3. R. Samuel	34.42			
	6. P. Ryan	30.40			
JT	1. R. Samuel	46.16		PB CBP	
	3. J. Mulcahy	40.14		PB	
	6. D. Saint	26.38			

*The U.K. age 13 best-ever shot putt stood at 14.85m until today when Jason Mulcahy, on the eve of his 14th birthday, set the new record at 15.12m.

Medal Summary

Colts: 1 Gold, 2 Silver, 1 Bronze, 5 PBs.
Boys: 5 Gold, 6 Silver, 5 Bronze, 14 PBs.

ENGLISH SCHOOLS TRACK AND FIELD CHAMPIONSHIPS

Alexander Stadium, Birmingham 10th and 11th July, 1987

Junior Boys

200m	5 D. Mackie	Ht: 3 24.40; Semi-F: 5 24.40; Final: 24.00	PB
400m	— L. Rogers	Ht: 4 53.60 Semi-F: w/d injured	PB
TJ	1 J. Quarry	13.86	PB CR*
		(13.29, 13.36, 13.48, 13.32, 13.52, 13.86)	
SP	1 J. Mulcahy	14.54	
		(14.54, 14.03, 14.24, 14.39, 14.25, 14.42)	
Jav.	19 R. Samuel	Pool: 35.00 did not qualify	

Intermediate Boys

400m	5 R. Holt	Ht: 1 50.80; Semi-F: 1 50.80; Final: 50.90	
400m H	8 J. James	Ht: 3 58.20 Final: 58.90	
SP	— P. Monks	Pool: 12.83 did not qualify	
Discus	— D. Meheux	Pool: 41.04 did not qualify	
Jav.	4 G. Harrison	54.88	PB CR
		Pool: 53.52	
		(Final: 51.46, 52.14, 54.88, 51.66, 51.64, N/T)	

Senior Boys

2000m S/C	—	G. Ponte	Ht: 9 6.25.50 did not qualify
	—	D. Williams	Ht: 11 6.53.0 did not qualify
HJ	6	A. Hodge	1.98
Discus	14	J. Overall	36.24

*Jamie's jump of 13.86m establishes a new U.K. Age-Best, which is just 6cms short of the English School's CBP; this still stands at 13.92m but does not qualify as a U.K. Age-Best as it was achieved with a very high following wind.



Those terrible twins again - Murray and Draper.

KENT COUNTY SCHOOLS CHAMPIONSHIPS

13th June, 1987

Kent Schools

JB	100m	2.	*D. Mackie	12.2 (ht. 12.4)		
	400m	5.	J. Vaughan	56.1 (ht. 57.3)		
	800m	5.	J. Murray	2.15.0 (ht. 2.17.8)		
	1500m	2.	G. Riggs	4.27.9 (ht. 4.37.3)		
		6.	A. Draper	4.43.7 (ht. 4.37.3)		
	80m H	2.	J. Gilchrist	13.1		
		TJ	1.	*J. Quarry	13.40	CBP CR PB
		SP	2.	*S. Shave	13.02	
		JT	1.	*R. Samuel	45.46	
	IB	100m	5.	S. Westron	11.7 (ht. 11.9)	PB
		7.	M. Griffiths	11.9 (ht. 11.9)		
200m		5.	S. Powell	24.0 (ht. 24.4)		
400m		2.	J. Forrest	52.1 (ht. 52.6)		
100m H		5.	E. Blabey	15.6		
		HJ	3.	S. Gall	1.80	
		LJ	5.	L. Gallier	5.98	
		DT	2.	*D. Meheux	39.14	
		JT	10	J. Meheux	36.26	
SB		200m	1.	J. Khan-Panni	22.8 (ht. 23.9)	
		5.	C. Karageorghis	23.5 (ht. 23.8)		
			D. Barlow	24.2 (ht.)		
	400m	2.	M. Lobb	51.1 (ht. 51.7)		
		HJ	1.	*A. Hodge	1.95	
		3.	S. Tolson	1.78		
		TJ	2.	N. Moss	12.93	

London Schools

JB	100m	3.	J. Brown	12.4 (ht. 12.5)		
	400m	1.	*L. Rogers	54.5 (ht. 57.0)		
		5.	J. Staples	60.2 (ht. 59.5)		
	1500m	1.	D. Whitcombe	4.40.0		
	80m H	1.	*A. Sharp	12.2		
IB		HJ	4.	B. Essein	1.45	
		SP	1.	*J. Mulcahy	14.46	
	200m	4.	L. Redgrave	25.3		
	800m	4.	G. Nicholson	2.07.5		
		5.	N. Parker	2.08.2		
	1500m	2.	L. Bulson	4.19.7		
	400m H	1.	*J. James	58.5		
		SP	1.	*P. Monks	13.16	
		JT	1.	*G. Harrison	54.8	PB
	SB	100m	1.	A. O'Brien	11.6	
200m		2.	K. Mbanazue	23.2		
3000m		1.	M. Lawton	9.04.3		
1500m S/C		1.	*G. Ponte	4.39.5		
DT		1.	*J. Overall	36.66		

Surrey Schools

IB	400m	2.	*R. Holt	51.0	PB	
	2000m S/C	11.	G. Ponte	6.23.8		
=PB	PV	2.	D. Coleman	4.00		
		HJ	6.	A. Hodge	2.00	
		LJ	11.	C. Karageorghis	5.36	
		JT	5.	C. Longley	46.18	PB
		HT	5.	N. Haffenden	52.72	CR PB
			8.	A. Paffett	44.90	

*Subsequently selected for the English Schools Championships.

Jamie Quarry won three Southern Counties AAA Championship titles in one weekend. Wins also from Jason Mulcahy (Boys discus) and Derek Baker (Boys high jump) combined to make this a special weekend for the club.



NOTICE

As you read this the 87/8 Winter season will be over. Despite the October storms we achieved all our club events thanks to the wonderful cooperation of local farmers. Would you now all please repay that goodwill by not trespassing on the land that was specially opened up to us for those events. For the most part they were not public rights of way.

SOUTHERN COUNTIES A.A.A. U20 CHAMPIONSHIPS

Crystal Palace

20th and 21st June, 1987

Boys

200m	5.	D. Mackie	24.09 (ht.24.47)	PB
400m	3.	R. Pearman	53.76 (ht.54.34 PB)	PB
800m	3.	J. Murray	2.04.39 (ht.2.08.68 PB)	PB
1500m	6.	G. Riggs	4.22.5 (ht.4.28.55)	PB
80m H	1.	J. Quarry	11.75 (ht.12.3)	CR PB
HJ	1.	J. Quarry	1.80	
	4.	D. Baker	1.65	PB
	5.	= C. Daniel	1.60	
LJ	1.	D. Baker	5.71	
	3.	R. Pearman	5.63	
TJ	1.	J. Quarry	13.04	
	5.	T. Bealey	11.49	
SP	2.	R. Samuel	13.05	PB
		J. Mulcahy	n/t	
DT	1.	J. Mulcahy	42.14	PB
JT	6.	R. Samuel	38.88	
PV	5.	B. Andrews	2.60	

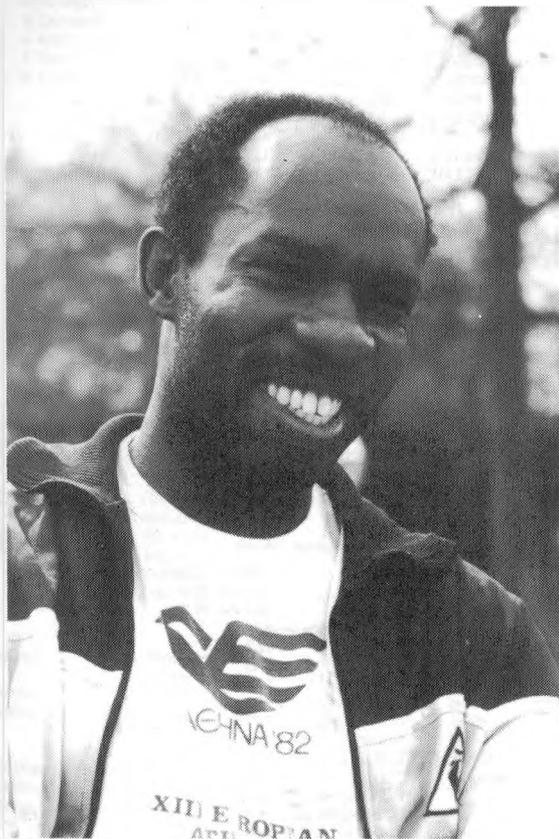
Youths

400m	3.	= R. Holt	50.08 (ht.50.28)	PB
		J. Forrest	51.95 (ht.51.95)	
1500m S/C	10.	R. Nunn	4.48.90	PB
400m H	4.	J. James	58.12 (ht.57.90)	PB
SP	4.	P. Monks	13.73	PB
JT	2.	G. Harrison	54.10	
HT	9.	C. Harvey	41.95	

Juniors

100m	4.	M. Williams	11.33 (ht.11.12)	
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WHO?



RICHARD LYSTON

Born in St. Elizabeth, Jamaica, Richard came over here when he was 5 and spent his early schooldays in and around Peckham. Whether it was the Del Trotter district itself or England generally is not clear but from an early age he suffered from poor health which chiefly manifested itself in respiratory problems. Things got so bad that he was constantly in and out of hospitals and had to attend a special school. When he was eleven it was suggested that something athletic might help improve his condition. So he went in for a bit of running. He soon showed that he was quick and started winning school races and putting up age bests at sprinting, jumping and even the shot putt over the next few years. Success included a number of 5 star awards even though athletics didn't occupy his full attention. He was a good class young footballer too and was selected to play for London. To some extent the two sports clashed. Soccer had a strong pull because of the influence of his brother who had signed for Crystal Palace until a broken leg ended his career. Richard's speed was his chief asset but because of that he found himself regularly the victim of hacking full backs who knew no other way of stopping him. After a time this was getting tedious apart from being painful and so by the age of 16 Richard's chief interest shifted back to athletics.

One Peckham Manor sports day he was spotted and approached by Charlie Elliott who suggested he came down to Blackheath. At that time athletic clubs seemed elitist and the prospect of membership overawed him, so he didn't follow it up.

He then left school but realised after a while that if he was to continue athletics he would have to do something positive to remain involved in it. So he dug out the Harrier's number and gave it a call. Mike Peel answered it.

His first experience was at the Palace where he joined in the sessions. Despite his natural talent he now admits that they were a shock to his system. It was nevertheless clear that he would make the grade. He persevered, and was soon running for the Club. He continued to work more or less on his own until he met up with Junior Fields who took him under his wing and improvement immediately followed. As is so often the case though with increased intensity came injury and an early realisation that he would probably never achieve his full potential. His suspect hamstrings were to prove a bar especially coupled with an athlete's natural impatience to get back into training each time.

This is where Richard's thoughts turned to coaching. He was a very analytical person and felt he could do it. He took and passed the exams for hurdling and sprinting in 1980. There was wide feeling at the time that Richard was too young to be a coach; that he should still be competing. But he was determined and in those early days took on Paul Ashen and made him the youngster he was. Bob Pinson too, benefited from his advice, together with Owen and Frank Parker of Herne Hill Harriers (the latter subsequently running 51s for 400m as a 13 year old.)

Up till then Richard had been a civil servant but he decided it was time to go back to college and study journalism. He was 23 at that time and says that that was a key move; he hasn't looked back. It meant then, however, that a considerable amount of time had to be devoted to study so he reluctantly handed his group over to Sid Cliff at the Palace until he was well into the routine of being a student. By 1983 he was ready to take on a group once more. Owen Parker and Michael Bond came back straightaway followed by Phil Davies who was clearly in need of sprint coaching for his long jumping. In Phil's case Richard soon recognised his pure sprinting talent and, of course, we know the rest. Jerry Phillips also joined in to make up 4 and after a strenuous winter all ran well, Phil clocking 10.7 to win the Kents in which Jerry was also placed. Owen was 3rd in the 400m. Both Phil and Jerry continued to get stronger and contributed heavily to BHH match points.

Richard's system is based around conditioning, mobility and speed with conditioning covering strength and technique. He says it is nothing more than commonsense really. His chief role is that of motivator — to get the athlete to believe in himself, although he says that technique is a vital basis of it all. Much of the strength and speed will be lost if it is built on poor technique. He claims, quite reasonably, that all his boys are good stylists.

He has now added 3 new members to his group including long jumper Bob Weaver. Will he follow Phil into pure sprinting we wonder? Something is obviously happening because he opened his account in 1987 with a leap over 7m for the first time. All the gang admit an essential element of the group's success is its atmosphere which is never short of good humour — laughs punctuated with hard graft.

With his current job as a sports journalist with the Kentish Times and the heavy coaching schedule Richard has little time for much else. He enjoys the job and says it hardly qualifies as work — more like a paid hobby. So, although he finds life very hectic most of the time he claims it isn't stressful.

When he can snatch a few moments, though, he is a self confessed vinyl junky. He loves jazz both traditional and modern, modern cinema and photography.

Richard has no clear ambitions. He enjoys life as it is and just likes to take a day at a time although when pressed he does admit to having aspirations of reaching a standard of writing/reporting where he can be authoritative, thought provoking, entertaining and stimulating. He would like to be a Hugh McLivenny or an Ian Woolridge.

England in the form of Hurd, Roberts and Norman won the international team race, Belgium were second.

The Blackheath team time would have placed us third international team ahead of West Germany, Holland and France.

John Baldwin was second in the over fifty race, being narrowly beaten by the Belgian over fifty 5000m World Record holder Jean Van Onselen.

So all in all a good haul for Blackheath plus international recognition. The distribution of Race results and prizes at the "Jagershof" in Bruges completed a wonderfully well organized event and we now look forward to next June in Bruges when the European Veterans Championships over 10km and 25km will be staged.

The post race celebrations were marvellous with Les and Pauline giving us their own potted version of the Hitchikers Guide to the Galaxy combined with a Belgian Basil Falwtly that left us all in tears. Roll on our next trip to Belgium.

Finally thanks to Team Manager Ian Wilson and Assistant Team Manager Pauline Wilson and Trine Woodcock who arranged the bookings.

M.C.

OSTEND — WELLINGTON RELAYS

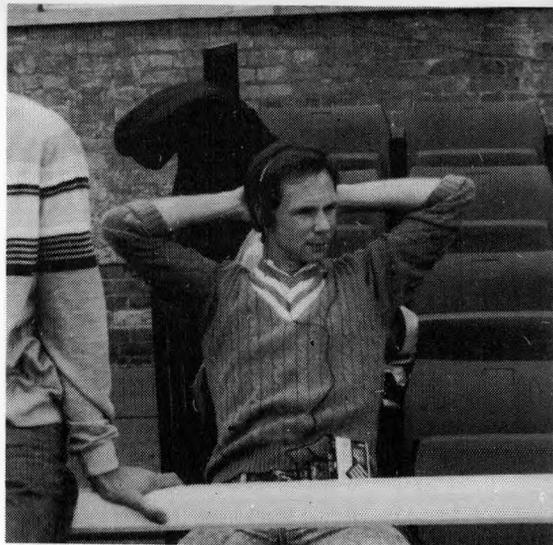
Having survived the trip across the channel, which took in a detour around Coney Hall to collect a forgotten passport (a female party member thought she did not need one for Belgium) the team arrived at the Carlton Hotel, Ostende.

After some solid nourishment the party proceeded in taking the liquid type of revival until the early hours. It seems this was to no ill effect as the teams results were to prove.

As is usual for these relays, they coincide with the start of summer time. Therefore most members suffered due to the lost hour or in our case hours. Hence after minimal sleep the team proceeded to make the usual early morning saunter to the track, just to familiarise themselves with the course, and to show the first time runners what would be asked of them later in the day. The day itself though dry, was extremely blowy. The remains of the force twelve winds that had been prevalent only two days before were still out in strength. The track being almost on the sea front, and for most part open, was dry under foot, but circumstances meant that the wind would assist in one direction and hinder in the other.

As usual the senior man's international was the last race of the afternoon — all the previous races being won by wide margins. In all, some 43 teams lined up at the start. Word had it that the Belgium club "A.V. Toekomst" were to be watched as locally they had been given the name of "the team of the future", due to the recent acquisition of several 3.40 class 1500m runners. However, on the home front, out of the three English teams represented by Belgrave, Aldershot and ourselves, we seemed to be the strongest team.

Running the first leg of 800m was our newest member Tony Linford who had joined us from Bexley A.C. This leg, into the wind and for 500m slightly uphill, was to be very tough. Tony admitted to being slightly off colour and had to fight all the way to keep in touch with the leaders; and although he was placed 15th at the changeover, he had managed to stay within 20m of the first man. In the next leg, which was 600m we saw John Kemp close on the leaders; in fact gaining five places. John is really looking very strong after a good winter over the country. John handed over in tenth position to Thor Fox for a short distance of 200m. Thor one of our youth team members, was making his debut in the senior team; he ran well to retain his position. On the next leg of 350m he handed over to Dave Galvin, who really took things by the scruff of the neck, moving steadily through the field to hand over to Martin Lobb in seventh spot. By now the race commentators had started to show an interest in the black vest slowly streaking through the field, thus bringing the English supporters to their feet. Martin a member of our



Dave Galvin doing what he does best!

successful summer junior team, fought hard with those around him, only losing one place to the seniors running against him. At the end of this brave effort we reached the three longer legs of the afternoon, on which we realised we would have to make an immediate impact. Our hopes were soon to be realised as Dave Heath — another new member from Norfolk Olympiades and a member of the Loughborough college team — set about the the field in no uncertain manner. This leg of 1200m involved all the circuit, and whilst running into the strong wind, Dave "picked off" runner after runner, reaching second place before returning on the uphill part of the course in front of the stand. He then started to put pressure on the leader, who listening to the commentators became all too aware of Dave and responded to Dave's efforts. In turn the runner in third place closed up and Dave dropped a place and went into third place. But, over the last 50-60m the front three runners fought for first place, and finally Dave handed over to Alan Guilder in second place. I must say a really outstanding run on Dave's part.

Alan, another new member to the club from G.E.C. proceeded to take the lead. But for most of his 1200m leg was closely followed by an athlete who was obviously using Alan as a windbreak. But using all his international experience, Alan sprinted away handing over with 20m gap.

Unknown to us, and Mark Colpus who was running the next leg of 1100m, the runner in second place was the Belgium national 1000m indoor champion; and within 400m he had closed the gap between himself and Mark. But Mark showed supreme character and stuck to his task, handing over to Mike Laws only 10m behind the leader.

This was now to be a testing time for Blackheath and Mike Laws — who was needless to say well lubricated from the night before — rolled forward and soon closed the gap, giving Blackheath the lead once more. We all wondered how long the lead would be held, but to our amazement Mike ran a very good run and opened a gap of 10m, which was to prove useful for the next three short legs.

Pat Squires ran sensibly his leg of 400m and retained first place comfortably handing over to Dominic Emery on the 11th leg. Dominic toyed with the opposition for 200m before stretching out over the last 200m to give Pete Lester the lead for the final glorious leg; which even Pete who was suffering from the previous nights revelry was not able to lose!

And so Blackheath for only the second time in 10 years managed to win the race.

The whole team were presented to the spectators and all members both new and old expressed their enjoyment in the race.

Finally as is customary after such successes, the whole team descended on the nightspots of Ostende to celebrate.

Results

1. Blackheath Harriers 19mins 17.1sec;
2. Vlierzele Sportief 19mins 17.8sec;
3. A.V. Toekomst 19mins 20.2sec;
4. K.A.A. Gent 19mins 22.4sec;
5. H.C. Oostende 19mins 33.0sec;
6. Ciko 66 Arnhem 19mins 41.3;
7. R.C. Gent 19mins 42.2sec;
8. Belgrave Harriers 19mins 42.9sec;
9. D.C. Leiven;
10. Houtland A.C.;
11. S.V. Aartselaar;
12. Aldershot F.D.

KITZBÜHELER STADLAUF

Kitzbühel, Austria

26th September, 1987

Whenever the name Kitzbühel in the Tyrolean Alps comes up, thoughts immediately spring to steel blue skies, icy breath, traditionally bedecked horse drawn sledges, and nigh on perpendicular ski runs with men and women with their brains removed scything down them at 70mph to the accompanying chant of "hey, hey, hey, hey" from the adoring crowds — and of course David Vine. However, over this particular weekend in August this glorified toy town was taken over by the sport of running.

Each year the Town Sports Council promote a town centre road race over 6km and do their utmost to attract a class field. Last year the star of the show was Wilson Waigwa. This year it was Gerhard Hartmann, the Austrian road and track champion who was ranked in the top 10 in the world this year over 5000m. Also there was an England team but not as you might imagine one made up of names like Milovsorov, Lewis, Jones, Binns or Thackeray but a trio made up of our own Tim Nash and Les Roberts and Tom Buckner (Jack's brother) from Havant. The invitation came via Charles Elliott who convinced the organisers we were just what they wanted. Well done Chas.



The picturesque start and finish in downtown Kitzbühel.

The weekend was one of the few warm, sunny ones of 1987 in Britain but in Kitzbühel the skies opened and pelted the Alps with cold rain nearly the whole time. The hospitality was, in contrast, as warm as could be. We were housed in a lovely old chalet and virtually given the freedom of the city.

Come the race the favourite, Hartmann, looked impressive but it was obvious we had the townfolk on our side. The local papers had us down as the chief opposition and they all seemed to appreciate our none too serious approach.

With only an hour or so to go before the start the whole show was put in jeopardy. The organisers had forgotten that

this was the very day the cowherds always brought their cattle from the high pastures into town all clad in traditional floral head dresses. The seemingly endless procession went right through the start and finish line and round a large part of the 1½ kilometre course. And you won't be surprised to hear, that where there's traditional cows there's traditional dung — lots of it. Suddenly we were all faced with the prospect of imitating Torvill and Dean in a rather unsavoury fashion round the town. The aroma certainly made a change from linament. But at the last minute the town fire brigade came to the rescue and hosed it all away or at least thinned it out enough to allow a bit of grip.

The race was a frantic affair; within 200 yards I was chewing lung and it stayed that way. The course went over and under tiny bridges, round tight corners and up and down hill. Hartmann soon showed his class but it took him till the last ½k to rid himself of Tom Buckner whose close attention pushed the Austrian to a new record of 15m 51s. Tom was 2nd just 11 seconds behind, Tim 3rd in 16m 21s and Les 6th in 17m 03s. For his effort Tom won some clothing and a fine trophy while Tim and Les were awarded a bottle of quality champagne each which they had to collect from two nightclubs later that night. And what a night that was. All the Englishers got absolutely plastered and remembered little of how they got home except that somewhere along the line they stumbled across and spent time drinking with Boris Becker. Big, genial lad he was too. Hangovers were the order of the next day for Tom and Les. Tim amazingly was none the worse for wear, so much so that he went on to Innsbruck to win another race. Tom and Les settled for a painful journey home.

LR

SUNDAY TIMES FUN RUN

Hyde Park

27th September, 1987

A Ten Year Triumph

"I ordered sunshine" said the Team Manager, complacently twirling his stick (which duly relieved him from running). "Sounds more like bullshine to me" commented one aged athlete — but sunshine it was. As is now inevitable, the interval between entry and action is punctuated by withdrawal and some of the "possibles" were unavailable. Nevertheless, in the event, 9 ran and to such effect that the Blackheath Geriatrics finished 32nd team from 1810 teams, an improvement over 1986.

To mark the occasion the organisers issued a yellow vest suitably inscribed to all who had, after today, competed in the whole series. It was only necessary to remain alive at the completion of the run and two "B.G.'s" thus qualified — Jack Parrott and Peter Long, novice "B.G." having run through the ranks, as it were, to achieve full maturity. They were in the elite group of 99 among the 30,000 entrants.

Called to the start, after the usual team photograph (which Jim Bennett missed for the second year) the field was greeted by Zatopek, (Olympic Gold Medallist 1948 and 1952), co-competitor in the 1948 Olympic 5000 metres with Jack Braughton. A diversion was also initiated by a close relative of Dame Edna Everage and then the serious business began. A keen watch was mounted to observe the race en route where Jack Braughton was holding 3rd place, later to finish a fine 5th, having won in 1982.

Parrott's progress was another story. Keen to record, his supporters photographed him in the early part of the race, then by cutting across the "Serpentine" bends, were able to have another snap with a few encouraging words before leaving him with the last kilometre or so. The accusation that he called for oxygen at this point has been vigorously refuted.

In the afterglow of achievement, cossetted by the faithful feminine devotees, an apparition appeared to enliven the afternoon in the person of Christine Willis (née Taylor) who had earlier cheered them at the start in the guise of "Dame

Edna II". So the messy day ended on an even brighter note and the usual promises of stepping up training for next year were renewed.

A Team	Time (mins)	Position
J. Braughton	(60+) 15+	5
D. Brickwood	(60+) 17+	26
J. Bennett	(60+) 18+	49
P. Long	(60+) 19+	54
R. Kirk	(70+) 27+	17
J. Parrott	(70+) 27+	19
B Team		
A. Oldfield	(60+) 19+	67
A. Brent	(60+) 20+	77
K. Johnson	(60+) 23+	103

headed. His win was convincing but the time 30.02 indicated how tough it had been. Gary hung on for 4th in 31.10 while Les Roberts, his gaze burning a hole between young Arthey's shoulder blades sprinted in just behind in 6th in 31.15. Derek Stevens of Hastings separated them. Blackheath could have featured in the team awards because, unbeknown to all, Rob Farish had chosen this event to give notice that he was on the way back. His 33 minutes and bits for around 20th place would have been very useful if he had been declared. Coordination in our road running is a subject that needs attention. There were other Heathen's in the field but the only information available is that Keith Arthey was in there making it a family affair and John Robinson also stretched his legs over the distance.

L.R.



MANOR MARQUEES MAIDSTONE HALF MARATHON (KENT CHAMPIONSHIP)

Maidstone

13th September, 1987

From the outset let me tell you road racers who are looking ahead and wondering what to enter in 1988 that this is one of the best organised races I've ever run. The only disappointment for all concerned, as was so often the case in '87 was the weather. It poured all day and turned Vinter Park into a quagmire but it took nothing away from the race. Perhaps it'll be fine next time. Whatever, I recommend it despite the course being hilly and initially twisty and therefore not fast.

Almost immediately after the start about ten of the 1300 odd runners went clear and over the first few miles they whittled down to 6. Ever present at the front of local races, Bob Treadwell Surrey Beagles and Merv Brameld Invicta East Kent led the charge with Saker of Tipton, Les Roberts and the GEC Avionics duo of Hayes and Bridge. Treadwell and Brameld went clear up Hollingbourne Hill with Saker at 100m or so behind. Bridge had dropped right off the pace by then and Les Roberts had also dropped behind Hayes who was chasing Saker. This was how it stayed more or less to the line except that Les Roberts gradually pulled in Hayes and took him at 9 miles. By twelve miles he had also got close to Saker but with the last mile all down hill Saker's long track legs pulled him away again.

While all this was going on at the front, back in the field Neil Colvin was having a good one running in 14th in a p.b. 73.30. John Kavanagh (O/50) also had a useful day coming in 79th in 82.32.

Result

1st B. Treadwell, Surrey Beagles 67.07; 2nd M. Brameld, Invicta 67.19; 3rd A. Saker, Tipton Harriers 68.11; 4th Les Roberts (V.40), BHH 68.29; 5th K. Hayes, GEC 68.52; 6th A. Bridge, GEC 69.35; 7th A. McGee, GEC 70.16; 14th N. Colvin, BHH 73.30.

Other Blackheath placings:—
73rd B. Leahy (V.40) 82.14; 79th J. Kavanagh (V/50) 82.32; 113th R. Smith 83.59.

Paul Barrington-King also ran and completed the course but he has paid me quite handsomely to keep quiet about it. As the winner was domiciled in Surrey, the bronze medal in the Kent Champs with to Les Roberts.

JULIE ROSE 10km

Ashford

18th October, 1987

The sun came out at last but the day wasn't all roses. The tail end of the famous hurricane was still hanging around which made this a bit of a tough old day.

Even before the 10k got under way the Heath had been put on the map by Mark Arthey who ran in 4th in the U/16 race over 3k. The effort obviously inspired his brother for he established himself up with the leaders in the main race almost immediately. Mike Gratton Invicta East Kent however, had clearly decided this was his race and was never

RECOGNISE YOURSELF?

1. You used to compete a lot at running/jumping/throwing. Increased years/family commitments/business commitments have reduced/eliminated your involvement and something (it is athletics) is missing from your life.
2. Following 1. above, you have tried replacing your competitive involvement with spectating. But, being on the outside is not the same. Even the Crystal Palace spectaculars don't do a lot for you.
3. You now belong to a famous club (to get in the London marathon?) You have seen athletics on TV and at the Palace; you know the club is big in track and field and you would like to be part of it.
4. Those commitments in 1. above are now decreasing, as are the old competitive abilities.

If you recognise yourself in one of these scenarios or fit a similar one, salvation is at hand. For a tiny fraction of the old training commitment, you can have a whole new athletics career as an official. The options are track judge, field judge, timekeeper or starter/marksman. You will belong; you will feel needed; you will find a whole new area of athletics expertise to explore and a really busy season is only about 40 sessions a year. Compare that to daily training!

The club needs more officials, not martyrs who believe they have to pay back the sport or club for past pleasures, but people who want a satisfying involvement with athletes and athletics. To help you get started, the club organise from time to time officials courses. Look out for details. However, you can start more easily than that, by working with one of our more experienced officials at a club or interclub match. In either case, the most important step is to let your officials secretary know that you are interested. Until you do, your light is completely hidden under the old bushel.

I hear that consideration is being given to starting a fourth senior Southern League team and a second Young Athletes team. On present form, we would not be able to meet our officiating commitments. What a good time to take up judging!



SOUNDEST PREDICTION OF 1987!

When a skinny black African guest ran off at sub 5 minute pace in a cross country race at Footscray Meadows early this Winter Ken Pike assured the world that the man was crazy and that he would never last the distance. The runner was John Ngugi of Kenya who in March won the World Cross Country title for the third consecutive year.

OBITUARIES

C. E. CLOWSER

VP Charles Clowser who joined the Club in 1923 took a full part in Club activities athletic and social. He was a fine cross country runner and was first man home for the Club in the Southern in 1930 and in the National in 1931, the two seasons in which he served as Cross Country Captain. As Captain he proved outstanding in the manner in which he drove his team to greater effort often sacrificing higher positions himself in giving them encouragement. On the social side he was a good entertainer making a notable contribution to the success of 'Smokers' and other Club evenings.

In later years he lived in Staffordshire somewhat cut off from Club affairs but always eager to receive visiting 'Heathens and enjoy reminiscing over Club doings in the inter-war years. To one deeply impressed younger visitor — now himself a VP — he was careful to add "If older members tell you the Club's not what it was in days gone by don't believe them — they told me that when I joined!"

We extend our sympathies to his family.

H. R. HOWARD

We learned recently of the death of VP 'Nosey' Howard which took place about 3 years ago.

It was at Colfes Grammar School (where he was Victor Ludorum in 1908 and 1909) that his fat nose first earned him the nickname of 'Nosey' and when he joined the Club in 1913 it was by that name that he was always known. He was a good quarter miler but service in the 1914-1918 war followed by a move to Westcliff and service again in the Second World War (in which he gained a mention in despatches) hindered active participation in Club fixtures.

From 1946 onwards however he was a constant supporter of both the athletic and the social activities of the Club and was elected a Vice President in 1959. He was a witty raconteur and older members will have happy memories of his cheerful contribution to the life of the Club.

E. A. HOLLAND

Some years ago a young man wanting to get fit joined an athletics club, the only one about which he could get information. The young man was Arthur Holland and the club, Cambridge Harriers. He proved to be a great acquisition to the club both athletically and in the administrative field. In fact he caused something of a stir by winning an open 3½ miles road race at the age of 16 and although he never really lived up to the high hopes of this win he was for years a splendid performer over the country and in marathons. He became club captain and in due course an outstanding secretary and Club President. In a wider field he proved his worth as Kent County Championship Secretary, Treasurer and for many years as President. He was also active in the senior associations, serving with great distinction.

Arthur joined BH in 1940 primarily as a social member visiting Hayes very frequently until he moved away first to Tunbridge Wells and then to Bournemouth. He was a produce broker well known in the City where he became a close friend of our own Gordon McIver. His great passion was driving fast sports cars which he enjoyed until ill health forced him to give it up. In fact he was pursued by ill health in his later years and after the sudden death of his wife was forced to live in a nursing home.

A great worker for athletics, a fine friend and greatly missed by all who knew him.

P. H. FRANCIS

We are sorry to record the death, last August, of Vice President Philip Francis. The name of Philip Francis will be known to few current Blackheathens. But in his day he blazed like a meteor across the athletic sky. But although his life's work took him away from Hayes some sixty years ago he never lost interest in the club and its affairs.

He was born in 1900, the son of the Rector of East Marden in West Sussex. He went to Cambridge University and, after taking a degree in mathematics, joined the staff of Felsted School. The headmaster then was A. C. Telfer who was a Blackheath Harrier and the founder in the 1920's of the annual Blackheath/Felsted cross country race. So Philip joined Blackheath in 1922.

He was a frail looking man of only about seven stone. But his perseverance and training paid off. In 1926 he was 19th in the Southern and 14th in the National. In the following year he was runner-up in the AAA 10 mile championship to E. Harper. The quality of that run can be judged by the fact that Harper was later second in the 1936 Olympic Games marathon.

Philip also reached 8th position in the 1927 National Cross Country Championship. This Blackheath position has been bettered since then only by Sidney Wooderson and Bob Richardson.

He then left for New Zealand where he founded a school. But after four years he returned to England and took holy orders. The posts he occupied in various parts of England precluded any return to active Blackheath athletics. His short, but brilliant career was however recognised in 1964 when he was made a vice-president.

His final church post was as vicar of Stoughton not far from his father's rectory. In his retirement at Bracklesham he was visited by a Blackheath Harrier and was clearly proud of his 50 year membership tankard which had a place of honour on his mantelpiece.

He is survived by a sister to whom we extend our sympathy.

L. E. COLLETT

Leonard Ernest Collett, affectionately known as Joe, began athletics as a member of Kent Athletic Club, but it was not until after the war — in March 1950 — that he joined Blackheath Harriers and, although he never actually competed for the Club, this never precluded him from becoming proud of it. His was a jocular personality more suited to a stroll along a footpath than a sprint around a running track. Never one to become dedicated to the dictates of a training schedule "We do it for fun" he would declare. But with that avuncular twinkle in his eye he was always there as a guiding counsel.

"A fine man, and one to be relied upon". "Ascetic rather than athletic" were comments often made about him. He began his day in a spartan manner with a cold shower, a day which included a long walk. Always looking up in hope in a truly christian way. It was Joe's way.



JOHN O'GROATS TO LAND'S END RELAY

Being over 60 need not mean the end of running for pleasure and fitness, as our Geriatrics are aware.

Starting from the John O'Groats Hotel on Saturday, 4th July, a team of ten veterans of the "Running Sixties" set out to run to Land's End, a distance of some 875 miles.

The "JOGLE" was divided into 131 laps or stages varying from six to eight miles. An anticipated average daily pace had been programmed into a computer and this produced a target time of five days and fifteen hours. The relay was successfully completed in 131 hours, 38 minutes, some 3½ hours ahead of schedule. Thus, on arrival at Land's End at 8.38 p.m., there was still plenty of time for photographs by the famous sign-post and a convivial meal in the Hotel.

Our team of sixty-year olds included two elders aged 79 and 80 respectively and the average age was 67½ years. Two younger reserves who joined the relay on the third and fourth days reduced the average age to 66½.

The runners paid their own way; no sponsorship for the hired camper-vans, fuel, food etc. We also provided our own support team, taking it in turn to drive, navigate and cook

alfresco meals. The only helpers were the two wives, Olga Weber and Mary Bennett who did a first-class job in providing food and driving a car all the way.

Derek Brickwood and Jim Bennett discovered that running for shorter distances, with "rest" periods of 4 hours and 10 hours alternately, was less tiring than continuous running for several hours daily. Also, a somewhat faster pace could be maintained overall. We both covered over 90 miles in five days, something I had never before dreamt of doing!

Having been very worried about a pulled thigh muscle for weeks beforehand which had restricted my training, I was surprised to find that the daily running cured it almost completely and I enjoyed quite a good run in the B.V.A.F. Half-Marathon a fortnight later.

The "JOGLE" was dedicated to fund-raising for Rotary International POLIO-PLUS campaign to eradicate polio, measles, diphtheria, tuberculosis, tetanus and whooping cough world-wide by the year 2,000.

To date, some £1,200 has been raised as a result.

J.B.